Savory Grilled Chicken with Cauliflower Rice

Juicy grilled chicken breasts paired with flavorful, sautéed cauliflower rice — a low-carb, high-protein meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 30 minutes

Ingredients

- 2 boneless, skinless chicken breasts (6 oz each)
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 small head cauliflower (about 4 cups riced)
- 1 tablespoon butter
- 1/2 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste
- Lemon wedges for serving

Instructions

1. Preheat grill or stovetop grill pan to medium-high heat.
2. In a small bowl, mix smoked paprika, garlic powder, salt, and pepper. Rub this seasoning evenly over both chicken breasts.
3. Drizzle olive oil over the chicken, ensuring they are well coated.
4. Grill chicken breasts for about 6-7 minutes per side, or until internal temperature reaches 165°F. Remove and let rest.
5. While chicken cooks, pulse cauliflower florets in a food processor until they form rice-sized pieces.
6. Heat butter in a large skillet over medium heat. Add chopped onion and sauté until translucent, about 3-4 minutes.
7. Add minced garlic and crushed red pepper flakes; cook 1 more minute until fragrant.
8. Add riced cauliflower to skillet and cook, stirring occasionally, for 5-7 minutes until tender but not mushy.
9. Season cauliflower rice with salt, pepper, and chopped parsley.
10. Divide cauliflower rice between two plates and top with grilled chicken breasts. Serve with lemon wedges.

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