

Cauliflower Waffle with Chicken and Jalapeño Sauce

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Total Time: 35 minutes
- Servings: 2

Ingredients:

- 3 Kirkwood Chicken Breasts, cut into chunks
 - 1 1/4 cups chopped cilantro, divided, plus additional for garnish
 - 6 jalapeño, seeded and chopped
 - 2 tablespoons chopped red onion
 - 3 cloves garlic
 - 2 limes, zested and juiced
 - 2 tablespoons chopped parsley
 - 1 head cauliflower
 - 3 scallions
 - 1 Goldhen Large Egg, beaten
 - 1 tablespoon Simply Nature Organic Ground Cumin
 - 1 tablespoon Stonemill Onion Powder
 - 1 tablespoon Stonemill Paprika
 - 2 tablespoons ground Millville Quick Oats
 - 1/4 cup Happy Farms Mozzarella Shredded Cheese
 - Carlini Olive Oil Cooking Spray
 - Ground Stonemill Sea Salt Grinder, to taste
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Directions:

1. In a medium pot, combine chicken and 1 cup cilantro. Fill pot with enough water to just cover chicken. Boil for 15 minutes or until chicken is tender. Shred chicken and reserve.
2. Meanwhile, in a blender, combine remaining 1/4 cup cilantro, jalapenos, red onion, garlic, lime zest, lime juice and parsley to make jalapeño sauce. Blend until smooth. Reserve in small bowl.
3. In a food processor, pulse cauliflower until it resembles rice. In a medium bowl, combine cauliflower “rice” with scallions, egg, cumin, onion powder, paprika, oats and cheese. Mix until combined.
4. Turn waffle maker on high. Spray with cooking spray. Working in 1/2 cup batches, scoop batter into waffle maker and cook for 10 minutes, or until waffle is cooked through. It should pull up easily from waffle maker.
5. Top 1 waffle with 1/4 cup cooked chicken and drizzle 1/4 cup sauce on top of chicken. Repeat with remaining waffles. Season to taste with salt.



Recipe Courtesy of:
ALDI Test Kitchen