

Chicken Cauliflower Muffins



Prep time: 15 Minutes
Cook time: 20 Minutes



Easy



Non Veg



Serves: 6



Healthy as a breakfast, great for snacking, loaded with veggies and cheese, chicken cauliflower muffins are definitely going to make a permanent place in your weekly menu. Perfect for even the pickiest eaters. They are gluten-free, high in fiber, on-the-go appetizers. Crispy outside and juicy inside. You can cook it in so many ways; just have fun while baking. And yeah, don't forget to involve your kids while baking. And share their experiences with us.



Featured product Chicken Breast Fillets

Quality fresh class A chicken breast fillets - highly versatile and one of the healthiest meals. Can be used to create rice bowls, stir-fries, salads, curries, soups, sandwiches, etc.

Ingredients:

- ½ cup Humza Chicken Breast Fillets (chopped, grilled and shredded)
- ½ cup cauliflower (medium, 2 cups riced)
- ¼ cup onion (finely chopped)
- ½ cup cheddar cheese (shredded)
- 1 egg (beaten)
- Salt to taste
- ½ tsp black pepper (freshly ground)
- ½ tsp garlic powder

Method:

1. Preheat the oven to 210 C.
2. Sprinkle cooking spray on 12-cup muffins pan.
3. Grate cauliflower in a food processor and wring out excess water and keep aside in a large bowl.
4. Add in cauliflower, egg, onion, cheese, garlic powder, salt and pepper and whisk until thoroughly combined.
5. Combine shredded chicken and mix well.
6. Fill the mixture in each muffin cup till 2/3 of its capacity.
7. Bake it for nearly 20 minutes or until brown and crispy.
8. Let your kiddo gobble it up.

