

# Chicken Adobo with Cauliflower Rice & Garlic Green Beans



30 minutes | 2 servings

## Find cookware

[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[grater or food processor](#)  
[measuring spoons](#)  
[medium saucepan](#)  
[mixing bowls](#)  
[stainless steel or cast iron skillet](#)  
[stirring spoon](#)  
[tongs](#)

## Grab ingredients

½ medium head	cauliflower
4 fl oz	chicken or vegetable broth
1 lb	chicken thighs, boneless skinless
3 cloves	garlic
1 lb	green beans
	black pepper
	coconut aminos
	extra virgin olive oil
	honey
	rice vinegar
	salt

## Cook & enjoy

- 1 Wash, dry, and cut cauliflower head into quarters, then trim off and discard the leaves and thick stem. Using a box grater or food processor, coarsely grate the cauliflower and transfer to a medium bowl. Set aside.  
½ medium head cauliflower
- 2 Preheat a skillet over medium-high heat.
- 3 While the skillet heats up, pat the chicken thighs dry with paper towels and place on a plate; season with salt and pepper on both sides.  
1 lb chicken thighs, boneless skinless  
¼ tsp salt  
⅛ tsp black pepper
- 4 Once the skillet is hot, add oil and swirl to coat the bottom. Add chicken and sear until golden brown, 2-3 minutes per side. Transfer to a clean plate and set aside (the chicken will not be cooked all the way through).  
1 tbsp extra virgin olive oil
- 5 Meanwhile, wash, dry, and trim green beans. Transfer to another medium bowl and set aside.  
1 lb green beans
- 6 Peel and mince garlic.  
3 cloves garlic
- 7 Return the skillet to medium-high heat. Place garlic, broth, coconut aminos, vinegar, honey, and pepper in the skillet; stir to combine, scraping up any browned bits from the bottom of the skillet.  
4 fl oz (½ cup) chicken or vegetable broth  
2 tbsp coconut aminos  
2 tbsp rice vinegar  
2 tsp honey  
⅛ tsp black pepper
- 8 Return chicken to the skillet and turn to coat in the sauce. Add green beans, cover, and simmer until chicken is cooked through and green beans are tender-crisp, 8-10 minutes.

- 9 Meanwhile, heat a medium saucepan over medium-high heat.
- 10 Once the pan is hot, add oil and swirl to coat the bottom. Add cauliflower and season with salt; cook, stirring occasionally, until tender, 6-8 minutes.
  - 1 tbsp extra virgin olive oil
  - ¼ tsp salt
- 11 To serve, divide cauliflower rice, chicken, green beans, and sauce between plates. Enjoy!