

Garlic Herb Chicken Thighs with Cauliflower Mash

45 MIN • SERVES 4 • PALEO

INGREDIENTS

- 1 tablespoon avocado oil
- 6 boneless, skinless chicken thighs
- 3 cloves garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 large head cauliflower, chopped
- 2 tablespoons ghee
- 2 tablespoons unsweetened almond milk
- 2 cups green beans
- 1 tablespoon lemon juice

DIRECTIONS

- 1 Preheat oven to 400°F. Rub the chicken thighs with avocado oil, garlic, rosemary, thyme, paprika, sea salt, and black pepper.
- 2 Arrange the chicken on a baking sheet and roast for 25–30 minutes, until cooked through and golden.
- 3 Meanwhile, steam the cauliflower until very tender. Blend with ghee, almond milk, and lemon juice until smooth and creamy.
- 4 Sauté or steam the green beans until just tender.
- 5 Serve the chicken thighs over cauliflower mash with green beans on the side.

