

Quick Shredded Chicken Provencal

by Healing Family Eats

Serves 4

2 tablespoons solid fat
2 medium carrots, grated
2 stalks celery, sliced
1 small fennel, chopped
1 leek, sliced
2 teaspoons dried Herbes de Provence
1 cup sweet potato (or pumpkin purée for GAPS/
SCD)
2+1/2 - 3 cups chicken broth (or water)
generous pinch Himalayan pink salt
12 oz shredded leftover roast chicken
3/4 cup chopped flat leaf parsley
a few fennel fronds

cauli rice -
2 tablespoons solid fat
medium head of cauliflower, riced



Heat the fat in a large saucepan and add the veggies. Stir well to combine, and sauté on low heat for 8 minutes until softened.

Stir in the dried herbs followed by the sweet potato purée, 2+1/2 cups of the broth and a pinch of salt. Turn up the heat and bring to a simmer. Continue simmering for 10 minutes.

Add the shredded chicken, with the extra broth if needed, and continue cooking until hot.

Meanwhile cook the cauli rice. Heat the fat in a large sauté pan or frying pan and add the riced cauliflower and a pinch of salt. Sauté on a low-medium heat for 4-5 minutes until tender.

Remove the chicken from the heat, add more salt if needed, and stir in the parsley and fennel fronds.

Divide the cauli rice between plates and spoon the chicken mixture over the top.