

## Garlic Parmesan Chicken with Cauliflower Mash



### Ingredients

- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) Italian seasoning
- 1/2 tsp (2 mL) salt
- 1/8 tsp (0.5 mL) ground black pepper
- 1 tbsp (15 mL) olive oil
- 2 lbs (1 kg) bone-in chicken thighs (4 each)
- 1 large head cauliflower, trimmed and cut into medium-sized florets (about 2 lbs/1 kg)
- 4 cloves garlic, pressed
- 2 tbsp (30 mL) freshly chopped parsley
- 2 tbsp (30 mL) grated Parmesan

### Directions

1. Combine the Italian seasoning, salt, and pepper in a small bowl. Season both sides of the chicken with the seasoning blend.
2. Heat the oil and butter in the [Rockcrok® Dutch Oven](#) over medium heat for 3–5 minutes. Brown the chicken, skin-side down, for 4–5 minutes, or until the chicken is golden brown. Remove the chicken from the Dutch oven and set aside.
3. Add the cauliflower and pressed garlic to the Dutch oven and stir to combine. Top with the chicken and cover. Place in the [Rockcrok® Slow Cooker Stand](#) and cook on LOW for 6 hours or on HIGH for 3 hours.
4. Remove the chicken. Drain the cauliflower in a colander and return it to the Dutch oven. Mash the cauliflower and season to taste. Place the chicken on top. If desired, the chicken can be browned further: place the Dutch oven under a preheated broiler on HIGH for 2–3 minutes. Top with chopped parsley and Parmesan cheese.

### Yield:

- 4 servings

### Nutrients Per Serving:

U.S. Nutrients per serving (1 chicken thigh and 1/2 cup/125 mL mashed cauliflower): Calories 310, Total Fat 16 g, Saturated Fat 5 g, Cholesterol 155 mg, Sodium 490 mg, Carbohydrate 12 g, Fiber 4 g, Sugars 5 g. Protein 31 g

### Cook's Tips:

You can swap the bone-in chicken with boneless, skinless chicken thighs.

Substitute the cauliflower with 1 1/2 lbs (750 g) quartered "B" size (mini) red potatoes. When mashing, add milk, butter, and salt to taste.

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