

Chicken Cauliflower Parma Bake



Serves 6

1 large head cauliflower, halved + then sliced into steaks
3 tablespoons extra virgin olive oil
1 teaspoon garlic powder
1 teaspoon Italian seasoning
3 tablespoons pesto
3 chicken breasts, boneless, skinless, butterflied
2 tablespoons extra virgin olive oil
1 teaspoon Kosher salt
¼ teaspoon freshly ground black pepper
1 teaspoon dried oregano
1 teaspoon paprika
3-6 slices prosciutto
½ cup marinara sauce
1 cup shredded mozzarella
¼ cup grated Parmesan cheese
Handful of fresh parsley, chopped

Steps

1. Preheat oven to 425°F. Prepare a baking sheet pan with parchment paper. Add the cauliflower steaks. Brush both sides of the cauliflower steaks with olive oil. Season both sides with the garlic powder, salt and Italian seasoning. Bake for 15 minutes.
2. Pat dry your chicken breasts dry. Rub with olive oil and season both sides with salt, pepper, oregano and paprika. Wrap each chicken breast with 1-2 slices of prosciutto.
3. Top each cauliflower piece with 1 tablespoon pesto and spread out evenly. Add on the chicken to each piece, followed by the marinara. Sprinkle with the mozzarella evenly and then your grated parmesan. Bake for 25-30 minutes or until the internal temperature of the chicken reaches 165°F (time varies with thickness of chicken). Garnish with parsley and enjoy!