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Because the first Wealth, is Health!

Chicken Casserole & Cauli Rice

- 1 onion chopped
- 8 pieces of chicken
- 1 can tomatoes, chopped
- 2 cloves garlic
- Juice of 1 lemon
- 1/2 cup of Red wine
- 1 cup vegetable stock
- 1 punnet marrows
- 2 large carrots cut into chunks



Braise the onions & garlic in olive oil. Add the chicken and cook for 3 minutes. Add the other ingredients and stir well. Place in an oven dish, cover with foil and put in the oven on 180C for 40 minutes. When cooked serve with Cauli rice.

Cauli Rice

- 1 punnet cauliflower, grated
- 1 onion chopped finely
- 2 tablespoons water
- 1 knob butter

Put the butter in a pan and melt over a medium heat. Add the cauliflower and onion and saute for 2 minutes. Add the water and simmer for a few minutes till soft. Serve instead of rice or other starch.



Run your own weight loss challenge – Agents Needed!