



CHICKEN TERIYAKI RICE BOWL



ELLE HERSELF

Chicken Teriyaki Rice Bowl:

- 1 tsp olive oil
- 450g boneless chicken thigh, chopped
- Salt & pepper to taste
- 400g frozen cauliflower rice (use fresh if you prefer)

Teriyaki Sauce:

- ½ tsp xanthan gum
- 2 tbsp water
- 1 tbsp rice wine vinegar
- 2 tbsp soy sauce (or tamariki, or coconut aminos)
- 2 tbsp keto sweetener (we used an erythritol/stevia based sweetener)

Optional Garnishes:

- 15g spring onion, chopped
- 1 tbsp sesame seeds, toasted

Method

To make the Teriyaki Sauce:

1. Combine all ingredients together in a small sauce pan, except for the xanthan gum. Bring the sauce to a boil, and then reduce the heat down to a simmer.
2. Start sprinkling in your xanthan gum, stirring well in between each sprinkle. Do this step quite slowly and take your time - if you put in too much xanthan gum at once it can become clumpy. Add more water if you need to. This will thicken your teriyaki sauce!
3. If your xanthan gum has not mixed in well, and it is clumpy what you can do is to allow the mixture to cool. Once cooled, place in your NutriBullet or a small blender and blitz to combine. It will aerate the sauce, but this should settle when you put it back on the stove to reduce it down.

Rice Bowl:

1. Season the chopped up chicken thigh with salt and pepper, and cook in a little olive oil on a hot frypan.
2. Once the chicken thigh is cooked through, add it to your teriyaki sauce and toss through while you cook the cauliflower rice.
3. Add the cauliflower rice (which could be fresh or frozen) to the same pan and sauté until cooked. This should only take a few minutes.
4. To serve, place the cauliflower rice in the bowl, topped with the chicken teriyaki and any additional garnishes.
5. Optional garnishes that we like include sliced spring onion, toasted sesame seeds, and Kewpie (Japanese) mayo!



CHOC CHEESECAKE MOUSSE



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- 115g cream cheese (full-fat), softened
- 1 cup cream
- 1 tsp vanilla essence
- 2 tbsp powdered keto-friendly sweetener (we used an erythritol/stevia based sweetener)
- 2 tbsp sugar-free drinking chocolate, or unsweetened cocoa powder
- Any garnishes of choice! Frozen berries, grated chocolate, coconut, etc.

Method

1. Add all ingredients (except for the frozen berries) into a high powered blender, or bullet, and blitz until you have a thick mousse-like consistency. You can also use electric handheld whisks to make the mousse if you prefer.
2. Place in your serving bowls, and add whatever garnishes you like! Berries, biscuit crumbles, choc chunks, the options are endless!