

11g ⌚ 2 h 40 m | Easy

Low carb chicken burrito bowl with cauliflower rice

This satisfying, high protein bowl will wake and shake those taste buds! Traditional Mexican flavors mingle in this perfect meal — but that's just our humble opinion.

We like to use our Two-ingredient Mexican pulled chicken recipe in this bowl, but you can add shredded rotisserie chicken to save time!



4 Servings

Instructions

Ingredients

Two-ingredient Mexican pulled chicken

1¾ lbs chicken breasts

½ tsp salt

½ tsp pepper

12 oz. jar of salsa

Cauliflower rice

1 lb cauliflower

1 oz. butter or olive oil

2 tsp taco seasoning

salt to taste

Building the bowl

½ cup salsa

1 (7 oz.) avocado, chopped

¼ cup sour cream

½ cup (2 oz.) shredded cheese

2 tbsp fresh cilantro, chopped

1 tsp hot sauce

Mexican pulled chicken

- 1 Place the chicken breasts in the slow cooker. Season with salt and pepper.
- 2 Add the salsa to the slow cooker and stir to cover the chicken.
- 3 Cook on low for 2 hours.
- 4 Shred the chicken using two forks. Return to the slow cooker for 10 minutes to allow the flavors to develop.

Cauliflower rice

- 5 Rice the cauliflower using a food processor or grater. Add butter to a large frying pan over medium-high heat.
- 6 When the butter has melted, add the cauliflower rice and taco seasoning; sauté until softened. Season with salt to taste.

Building the bowl

- 7 Divide the cooked cauliflower rice between the bowls.
- 8 Top with shredded chicken, salsa, avocado, sour cream, shredded cheese, and cilantro.



Serve with extra hot sauce on the side if you like it spicy!

Tips

This is a great dish for meal prepping. Prepare and cover individual portions of cauliflower rice and chicken; refrigerate for up to three days. Add toppings before serving.

To cook the chicken using the instant pot, stovetop, or Dutch oven method, please see the original recipe [Two-ingredient Mexican pulled chicken](#) here.

We love our [Quick salsa](#) as a topping. It's fresh, fast, and fiery!