

Pastrami- Stuffed Cutlets with Riced Cauliflower & Sautéed Vegetables

Recipe By Rorie Weisberg



Cooking and Prep:  30
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Serves:  6

Contains: 

Preference: Meat

Difficulty: Medium

Diet: Gluten Free

Source: Family Table by
Mishpacha Magazine,
Kosher.com Exclusive

This is one of my family's favorite chicken recipes, and I hoped it would cook within the allotted 30 minutes. To me, the sides make the meal, so adding two delicious nutritious veggies that I could cook within 20 minutes enabled me to plate a full meal that was colorful and creative. A **Food Fight**, Round 7 recipe.

Ingredients (31)

Pastrami-Stuffed Chicken Cutlets

- 3 tablespoons **Gefen Mayonnaise**
- 1 tablespoon mustard
- 1/2 teaspoon garlic powder
- pinch of pepper
- 6 butterflied chicken cutlets

6 slices **Meal Mart Pastrami**

Glaze

- 1/3 cup **Fiordifrutta** apricot jam
 - 2 tablespoons **Gefen Soy Sauce** or coconut aminos
 - 1 teaspoon oil
 - 1 teaspoon garlic salt
 - 1/2 teaspoon pepper
 - 1/2 teaspoon **Tuscanini Sea Salt**
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Riced Cauliflower

- 2 tablespoons avocado or olive oil, divided
 - 1 onion, diced
 - 1 (32-oz./910-g.) package fresh pre-riced cauliflower or **Heaven & Earth Riced Cauliflower** (allow to defrost, or add three minutes cook time)
 - garlic powder, to taste
 - pepper, to taste
 - salt, to taste
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Sautéed Mixed Vegetables

- 1 small onion, sliced
- 1 shallot, sliced
- 1/2 red pepper, sliced
- 1/2 orange pepper, sliced
- 1/2 yellow pepper, sliced
- 1 (6-oz./170-g.) package sliced portobello mushrooms
- 1 cup fresh kale

- 1 cup fresh spinach
- 1–2 tablespoons avocado oil
- garlic powder, to taste
- salt, to taste
- pepper, to taste

Sommelier Suggests

- Tabor Adama Shiraz**
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Start Cooking

For the Chicken

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Mix mayonnaise, mustard, garlic powder, and pepper and rub on one side of each chicken cutlet. Layer the pastrami slices on top, roll up the cutlets tightly, and place them in a baking dish.
3. Combine the glaze ingredients and brush it over the rolled cutlets. Bake for 25 minutes. Remove from oven and grill for about one to two minutes on each side.

For the Riced Cauliflower

1. In a medium-sized frying pan, heat one tablespoon oil. Sauté onion over low heat until golden brown. Transfer the onion to a bowl and set it aside.
2. Heat another half tablespoon of oil in the frying pan and add half the package of riced cauliflower. Cook the cauliflower covered for four to five minutes, then uncover and cook for six to eight minutes until lightly browned, stirring every few minutes. Remove the cauliflower from the pan, then repeat with remaining oil and cauliflower. Combine the riced cauliflower with the sautéed onion. Season to taste.

For the Sautéed Vegetables

1. Heat oil in a large frying pan. Add onions and shallots and sauté covered for three to four

minutes. Add multicolored peppers.

2. In a separate pan, sauté sliced portobello mushrooms in a small amount of oil.
3. Combine all the vegetables in one pan and season to taste with garlic, salt, and pepper. Add fresh chopped kale and spinach right before serving to allow the greens to wilt, rather than cook down.

Watch!

Rorie prepared this recipe during **Food Fight** Final Four. [Watch the episode here.](#)