

SIMPLE CAULIFLOWER RICE



Whether you're paleo or keto or just looking for a low-carb replacement for rice, cauliflower rice is a great alternative! Try this simply recipe to get some extra veggies into your meal and serve with our delicious chicken curry recipe!

Ingredients:

- 1 large head cauliflower

Directions

1. Wash cauliflower head well and remove all greens.
2. Method 1: cut into small chunks and put into food processor and pulse until it is the consistency of rice.

3. Method 2: grate using a box grater in desired size.
4. Transfer to a clean towel or paper towel and press to remove any excess moisture.
5. Sauté in a large skillet over medium heat in 1 Tbsp oil. Cover with lid so the cauliflower steams and becomes more tender. (5-8 minutes)
6. Store leftovers in the refrigerator up to 5 days.

Nutrition Facts Per Serving: 1/2 cup serving
25 calories; 0.1g total fat; 30mg sodium; 5.3g carbohydrates; 2.5g fibre;
2.4g sugar; 2g protein