

**CAULIFLOWER FRIED RICE**

The use of cauliflower instead of rice brings a lightness, as well as a unique flavour and texture. It's wonderful as a main or as a side dish.

 15 minutes 25 minutes 4 portions**INGREDIENTS**

- 1 tbsp of coconut oil
- 1 red onion, finely diced
- 1 medium head of cauliflower,
- 1 large carrot, finely diced
- 1 large zucchini, finely diced
- 2 cloves of garlic, mined
- 1 tbsp of ginger, minced or grated
- 1/2 lemon, juiced
- 2 tbsps of tamari
- 2 tbsps of coconut cream
- 1/2 bunch coriander
- 1 tablespoon of olive oil, for drizzling

COOKING METHOD

- 1° Cook onion in a large frying pan on medium heat till soft (approximately 5 minutes).
- 2° Meanwhile, cut the cauliflower into manageable pieces and then, using the large side of the grater, grate the cauliflower to resemble rice-size granules. You can also use a food processor to mill it into shape.
- 3° Add cauliflower, carrot, zucchini, garlic, ginger, cayenne pepper and tamari to the onions in the frying pan. Cook for 8-10 minutes, stirring occasionally until the carrot is just soft.
- 4° Add lemon juice, coriander, coconut cream and season with salt and pepper. For best results serve immediately with a good drizzle of olive oil.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (292 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 55 kcal | 161 kcal | 8 % |
| FAT | 3 g | 10 g | 16 % |
| FATTY ACIDS, TOTAL SATURATED | 2 g | 6 g | 29 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 195 mg | 569 mg | 24 % |
| CARBOHYDRATE | 5 g | 15 g | 5 % |
| SUGARS | 2 g | 6 g | — |
| FIBER | 2 g | 5 g | 20 % |
| PROTEIN | 2 g | 6 g | — |