

# Coconut Cauliflower Rice



This recipe came from a dear friend. I was delightedly surprised at how much my family loved it! Cauliflower is the perfect alternative to traditional rice. This recipe has the perfect blend of aroma's and flavours that we are convinced it will one of your favourite go-to recipes. All spices and herbs can easily be adapted to your taste buds. Enjoy!!

## Ingredients:

- 1 large head of cauliflower (chopped in the food processor until rice-like. Not too fine)
- 2 tbsp coconut oil
- 1 small onion (diced)
- 2-3 cloves garlic (minced)
- 1 tbsp freshly grated ginger
- Sea Salt
- Pepper
- Pinch of red pepper flakes
- 5 tbsp canned coconut milk
- Freshly squeezed lime
- Chopped cilantro

## Directions:

Have all ingredients out and prepared as this meal cooks rather fast.

Heat coconut oil in large frying pan. Sauté onions until golden brown and almost thoroughly cooked. Add ginger and

garlic. Sauté for another few minutes. Add in riced cauliflower. Top with a sprinkle of sea salt, pepper, and red pepper flakes (all to taste). Stir.

After about 5-7 minutes, cauliflower should be cooked (soft, but still firm). Add in coconut milk. Fry for another minute or so. Remove from heat and add freshly squeezed lime and chopped cilantro. Serve immediately.