



## CAULIFLOWER FRIED RICE

### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts

**Prep time:** 5 mins

**Cook time:** 8-10 mins

**Serves:** 4 -5 cups



### **INGREDIENTS**

- 1 large cauliflower
- 5 tbsp coconut oil
- 4 spring onions, finely chopped
- 1 tsp ginger, grated
- 1 tsp garlic, crushed
- 1 tbsp tumeric powder
- 2 stalks celery, finely sliced
- 4 stalks kale, sliced finely
- 4 mushrooms, finely chopped
- salt and pepper

### **METHOD**

- Wash and dry the cauliflower, remove any leaves and cut into quarters.
- When thoroughly dry, place in food processor and blend or grate until it resembles rice.
- Place "rice" onto a tea towel and squeeze tightly to remove moisture. Set aside.
- Melt coconut oil in frying pan, add spring onions, garlic, ginger, tumeric and celery and saute for 6-8 mins, stirring continuously.
- Add kale, mushrooms and cauliflower, salt and pepper and stir fry another 5 minutes.
- Serve with my [chicken and celery stir fry](#) or any dish of your choice.

### **NOTE:**

- This is lovely with toasted slivered almonds or toasted sunflower seeds stirred in at the end.
- Cauliflower can be replaced with broccoli.
- Extras like chicken strips, beef strips or prawns work, but check allergies before adding.