



CAULIFLOWER RISOTTO

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 1 head cauliflower, grated or finely blended
- 250g mushrooms, small, sliced
- 1 red capsicum, diced small
- 4 spring onions
- 1 tbsp fresh thyme, chopped
- 3 tbsp olive oil
- 2 tbsp potato flour
- 1/4 cup water
- 1 can (440ml) coconut milk/cream
- 1 box frozen spinach
- salt and pepper to taste

METHOD

- Grate cauliflower, or blend until it resembles rice. Set aside.
- Heat oil in deep pot, add garlic, spring onions and diced capsicum.
- Cook while stirring, for 5 minutes until browning.
- Add thyme, mushrooms and crumbled stock cubes and cook another 5 minutes while stirring.
- Add cauliflower and stir while cooking 5 minutes.
- Add spinach and coconut milk and cook another 5 minutes while stirring.
- Mix water and potato flour together, and add to mixture while stirring.
- Cook several minutes, until heated through and thickened.
- Serve immediately.