



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 10 mins

Serves: 4

INGREDIENTS

- 1 head cauliflower
- 2 tbsp coconut oil
- 1/4 tsp salt
- few shakes black pepper

CAULIFLOWER **RICE**



METHOD

- Cut cauliflower into quarters, and remove thick stems and leaves.
- Place in food processor and pulse (or grate) until it resembles rice. (only a few seconds).
- Melt coconut oil in large pan and heat over medium to high heat.
- Add cauliflower mix, salt and pepper and stir for 10 minutes, until cooked through but not too soft.
- Serve with any of my great Thai dishes.
- I use half the cauliflower mix to fry, and keep the other half for [cauliflower mashed potato](#) later in the week.