



Cauliflower Rice

This is a great vegetable dish either to eat on it's own or as an accompaniment. You are really just heating the cauliflower through to cook it.

- ½ small cauliflower
- 1 spring onion – sliced
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- Pinch of turmeric
- Squeeze of lemon or lime juice
- 2 tbsp chopped coriander
- 1 tbsp raisins
- 1 tbsp flaked almonds
- 1 small clove garlic
- 1 tsp oil



1. Grate the cauliflower and slice the spring onion.
2. Toast the flaked almonds in a dry pan over a medium high heat, then remove and set aside.
3. Add the oil to the pan and fry the spring onion and garlic. Add the spices, then the cauliflower, almonds, raisins and a splash of water.
4. Stir fry for a few seconds to heat through and cook, then remove from the heat.
5. Stir through the herbs and squeeze of lemon or lime juice. Adjust the seasoning and serve.

Hints, Tips and Variations

Wheat, dairy & gluten free

Re heat in a microwave.

Also works with broccoli, carrots or a mixture.

Swap the raisins for cranberries

Use chopped parsley or mint instead of coriander.

Toasted, crushed hazelnuts, walnuts or pistachio nuts can be used instead of flaked almonds.