

# CAULIFLOWER RICE

## CAULIFLOWER RICE

Serves 6

1 Head Cauliflower (any size)  
1 Tablespoon Olive Oil or Butter  
Salt & Pepper to season

### **Preparation Instructions:**

1. Cut Cauliflower into large florets. If the core is tender, chop into pieces and add to the florets.
2. Transfer Cauliflower to a food processor.
3. Pulse the Cauliflower until completely broken down.  
Use 1-2 second pulses until it breaks down to rice sized granules.
4. Cooking makes the cauliflower more tender and rice like. Warm a tablespoon of olive oil in a large frying pan over medium heat. Stir in the rice and sprinkle with a little salt. Cover the pan and cook 5 –8 minutes, until the rice is as tender as you like.
5. Use or serve immediately or refrigerate for up to a week.
6. Cauliflower rice can also be served raw such as in a salad.

