

# RECIPE

## INGREDIENTS

Olive oil, 1 finely diced onion 1 crushed clove of garlic, 1/2 tsp ground cumin 1/2 a cauliflower 80ml coconut cream, 25grams toasted Coconut, 1 lemon wedge.

## METHOD

- 1 Remove leaves and tough ends of stalk from cauliflower. Blend in food processor until it is approximately the size of a rice grain. You want about 350 grams of cauliflower rice.
- 2 Sweat onion in olive oil with salt until starting to soften.
- 3 Add garlic and spices and cook for 1 minute.
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- 5 Add cauliflower and sweat over a medium low heat for 5 mins.
- 6 Add coconut cream & toasted coconut.
- 7 Turn up heat and cook for 5-10 mins stirring regularly until just cooked with a slight bite.
- 8 Add water as needed to prevent sticking/burning.
- 9 Squeeze over lemon juice and season.
- 10 Serve with a paleo curry for a great alternative to rice!

## Coconut Cauliflower Rice



Wishbone™