

Asian Cauliflower Rice

Ingredients

½ large cauliflower head or 1 whole small head
1 onion, finely chopped
2 garlic cloves, finely chopped
a thumb size piece of ginger, finely chopped
1 cup green beans, sliced
½ large red capsicum/pepper, sliced
1 large handful of bean sprouts
2 spring onions, finely sliced
2 tablespoons of herbs of your choice (I used parsley and thyme)
2 tablespoons coconut oil
1-2 tablespoons coconut aminos • sea salt + freshly ground black pepper

Directions

1. Pop the cauliflower florets in a food processor and pulse until your cauliflower resembles rice. 2. Heat the coconut oil in a large frying pan, on high heat. 3. Add onion and garlic and cook for 1-2 minutes until softened. 4. Add in the cauliflower, ginger, beans and red pepper and cook for about 2- 3 minutes, until tender. 5. Add the spring onions, sprouts, coconut aminos, herbs, salt and pepper, and cook until everything is heated through and well combined.