

# Cauliflower 'Rice'



2.3:1 ratio

- **Preparation time:** 5-10 minutes
- **Cooking time:** 2 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	7g	
Protein	1g	
Carbohydrate	2g	
Energy (calories)	75kcal	



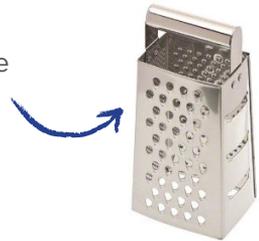
Enhancing Lives Together

# Cauliflower 'Rice'

Ingredients	Quantity	Your recipe
Cauliflower	50g	
Olive oil	7g	

## Method

1. Grate the cauliflower using the largest holes in the grater or blitz in a food processor for 15 seconds.
2. Heat oil in a frying pan over a medium heat and stir fry the cauliflower pieces for 2 minutes until fully coated in the oil and lightly crispy.



## Always check with your dietitian what is suitable for you

- Serve with thai curry (see recipe card)

