



Cauliflower Rice

SERVES 4

INGREDIENTS

500g cauliflower (1 medium head)
1 tablespoon extra virgin olive oil
1 clove garlic, crushed
2 shallots, thinly sliced
1 tablespoon soy sauce (optional)
Salt and pepper

METHOD

1. Process the cauliflower, including the core in a food processor (or grate) until crumbly.
2. Heat oil in a large frying pan until hot, sauté garlic and shallots until tender. Add cauliflower and cook, stirring until golden brown.
3. Add soy sauce (optional) and salt and pepper to serve.

Tip: Great with curries and stir-fries.

