



# Herbed Cauliflower Couscous

SERVES 4

## INGREDIENTS

500g cauliflower  
1 tbs olive oil  
2 garlic cloves, crushed  
6 spring onions, finely sliced  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp paprika  
¼ cup chopped fresh mint  
¼ cup chopped parsley  
1 tbs lemon juice  
1 tsp finely grated lemon zest

## METHOD

1. Cut the cauliflower into pieces ensuring all are of similar size. Discard core. Place in a food processor and pulse until cauliflower resembles couscous grains.
2. Heat the oil in a medium non-stick frying pan. Add the garlic, spring onions and spices and cook, stirring, until fragrant then add the cauliflower and continue stirring for 5 minutes or until just cooked.
3. Stir through the herbs, juice and zest.

