

CAULI-RICE

(instead of rice, courtesy TRMR)

Ingredients:

1 cauliflower

1 onion

100g butter or coconut oil

salted water

Method:

In a food processor pulse the raw cauliflower until the consistency of couscous is reached

Melt the butter/coconut oil, sauté the onion until soft

Add the cauliflower and mix through the onion and butter. Leave heat on low-medium, and place the lid on top of the pot

Leave to cook for 5 – 8 minutes