

Cauliflower Rice

a quick, easy, and versatile staple



Cauliflower rice is the perfect low-carb, nutrient-rich side that complements any protein. With its mild flavour and quick cooking time, it absorbs the spices and seasonings you love, making it an essential addition to your kitchen routine. Prepare in minutes, store for later, enjoy a healthy, delicious side dish anytime!

Prep Time: 10 minutes. Cook Time: 7-10 minutes.

Ingredients:

- 120g cauliflower, grated into rice-size pieces
- 20g onion, finely chopped
- 1 clove garlic, minced
- 1 tsp lemon juice
- Fresh parsley, chopped
- Salt and pepper, to taste

Method:

1. In a pan, sauté the garlic and onion until fragrant and softened.
2. Add the grated cauliflower and stir-fry for 5-7 minutes, or until tender. Add a splash of water.
3. Season with lemon juice, fresh parsley, salt, and pepper.
4. Serve as a side with your protein of choice.

Chef's Tip

Bulk Cooking & Storage

Cauliflower rice is perfect for meal prep! You can easily prepare a large batch and store it for later use.

Storage:

Once cooked, allow the cauliflower rice to cool completely before storing in an airtight container.

- In the Fridge: Stays fresh for 3-4 days.
- In the Freezer: Can be frozen for up to 3 months in portion-sized containers.

Reheating:

- Microwave: Heat for 1-2 minutes, stirring halfway for even heating.
- Stovetop: Reheat in a pan over medium heat for a couple of minutes.