

CAULI RICE

Just like mashed potatoe, rice is one of those side dishes that very few people are able to go without. (From Real Meal Revolution).

Cauli-rice is a non-grain grain you can now eat as much as you like with no shame!.

INGREDIENTS

1 Cauliflower

1 Onion

100g Butter or

100g Coconut Oil

METHOD

In a food processor, pulse the cauliflower until you reach couscous consistency.

Melt the butter or coconut oil in a heavy-based frying pan and saute the onion until soft.

Add the cauliflower and mix through the onion and butter. Leave the heat on low or medium and place the lid on top of the pan.

Leave to cook for five to eight minutes and either set aside or serve immediately.

