

3 Ways with Cauli

DFO V

Cauliflower is the low-carber’s saving grace and ‘go to’ rice and mash substitute. It’s so incredibly versatile – once you realize you can still enjoy curries, risottos and cottage pie type meals, you’ll soon see that *LCHF* eating is a totally sustainable and satisfying (not to mention nutritionally superior) way of eating for the whole family.

Cauli Rice

A stock-standard staple for the LCHF lifestyle, this is the ideal vege side dish for a wide range of main meals. You can add different herbs and spices to match the taste of your main meal. To enhance the nutritional content (and change up the colour and flavour), try adding a few broccoli florets to the blender. If you haven’t made cauli rice before, make sure you don’t over-cook it: It’s a lot nicer if it retains a little ‘bite’.

Serves	4	Per serve	
Prep time	5 minutes	Carbs	5.7 g
Cook time	5 minutes	Protein	3.3 g
Difficulty	●●●	Fat	3.9 g
		Energy	75 Cal

INGREDIENTS

1 cauliflower, cut into florets
1 tbsp olive oil (or butter) for cooking

METHOD

Place the cauliflower in a food processor and pulse until it resembles grains of rice.

Heat a pot over a medium-high heat and add a generous splash of olive oil (or a knob of butter). Add the riced cauliflower and cook, stirring often, for up to 5 minutes. Season well with salt and freshly ground black pepper.

