

# TROPICAL CAULIFLOWER RICE

## Ingredients

- 1 Cauliflower
- 1 cup Frozen vegetables (peas, carrots, sweetcorn)
- ¼ Onion (chopped)
- ½ tin Pineapple (in juice)
- 1 tbsp Garam Masala
- 1tbs turmeric
- 1tsp dried Chili/Garlic/Cardamom/ spice on your choice
- 1tbsp Oil (Coconut or Vegetable)

## Method

1. Finely chop the cauliflower, you can also grated it or put it in a food processor
2. Heat the oil in a large pan and add chopped onion, stir until softened (2 mins)
3. Add the cauliflower to the pan and cook for about 5 minutes stirring.
4. Add the spices
5. Stir in the vegetables after being de-frozen and cook for 3minutes or until they are completely cooked
6. Add pineapple chunks and a bit of juice if it's too dry.
7. Enjoy or preserve it in the fridge for 2-3 days.



## NOTES:

You can freeze uncooked grated cauliflower rice for over a month and use it defrosted when you need it. This recipe is extremely flexible, you can choose to add your favourite spices and ingredients and be creative! For example you can try cauliflower rice in traditional couscous recipes or with winter roasted vegetables.

**Wen.**