



cara price

ASIAN CAULI-RICE

INGREDIENTS

- 1 head cauliflower
- 1 tablespoon coconut oil
- 1 teaspoon sesame oil
- 1/2 teaspoon salt & garam masala

DIRECTIONS

cut the cauliflower into medium size pieces & place in a food processor fitted with the 'S' blade. pulse until chopped into small pieces that are the size of rice.

In a large wok pan or flat bottomed skillet, heat coconut oil & sesame oil over medium high heat.

sauté cauliflower for about 3 minutes & then sprinkle salt & garam masala over it.

continue cooking 5-7 more minutes, stirring often.

serve immediately.