

Cumin Cauliflower Rice



INGREDIENTS

- 1 large cauliflower head cut into florets
- 1 Tbsp Coconut oil or Ghee
- ½ tsp mustard seeds
- 1 heaping tsp cumin seeds
- ½ onion chopped
- ¼ tsp Himalayan salt
- ½ tsp Turmeric

PROCESS

In a food processor, pulse the cauliflower florets until it has a rice-like consistency. In a wok or large pan, heat oil/ghee. Add mustard seed and cover. Wait for mustard seeds to 'pop' then immediately add cumin seeds and onions. Saute onions until soft. Add cauliflower, salt and turmeric. Cook for 10 minutes on medium heat until cauliflower is soft but not mushy. Stir frequently.

Enjoy!