

CAULIFLOWER RICE

Jay
Halford



Makes 8 Portions



Total Time: 20min



Storage: 2days in fridge

Ingredients:

- 1 whole cauliflower (small)
- 20g of fresh coriander
- 150g of desiccated coconut
- 20g of nutritional yeast
- A pinch of Himalayan pink salt

Equipment needed: Chopping board, Chef's knife, Large mixing bowl, Grater

Method:

Prepare the cauliflower by removing the outer leaves from around the stem.

Remove each of the florets individually and discard the stem.

Grate the cauliflower using the finest side of the grater. Grate all of the florets

Add the cauliflower to a mixing bowl

Combining the desiccated coconut into it. This will keep it nice and dry and a grate texture

Finely chop the fresh coriander and add it to the mixing bowl.

Season with salt and add the nutritional yeast.

Mix with a spoon to combine well and serve as a part of a dish