

Red Cauliflower Rice



Prep: 15 min. **Cook:** 30 min. **Portions:** 4

INGREDIENTS

- Pinch of salt
- 1/4 white onion
- 3 tomatoes
- 1 clove garlic
- 1 carrot
- 1/2 cup broccoli
- 1/2 cup cooked peas
- 1 large head of cauliflower
- 1/4 cup of water
- 1 tbsp. of olive oil
- 3 coriander sprigs
- 1 whole fresh chili



Photo by Amber Faust.

INSTRUCTIONS

1. Peel and wash the cauliflower. Then, remove the stalk and grate the head.
2. Peel and chop the garlic and onion. Then, blend the garlic, onion and tomato.
3. Cut the broccoli into small cubes. Then, peel the carrot and cut into cubes.
4. Strain the tomato mixture through a cheese cloth or strainer.
5. Heat a pot over medium heat and then add the oil. Once the oil is hot, add the strained tomato mixture and a pinch of salt.
6. Next, add the carrot, coriander, and chili to the pot. Bring to a boil for 10 minutes.
7. Lower the heat and add the grated cauliflower to the pot and mix. Then, add the peas and broccoli.
8. Cover the pot and cook for 15 minutes, stirring constantly.
9. After 15 minutes, uncover the pot and cook on low heat for another 5 minutes.
10. Serve and enjoy!

CHEF'S NOTES

Instead of blending the tomatoes, garlic, and onion, option to mash them with a fork until well combined. Then strain.