

## **Spiced Cauliflower Rice**

1 head of cauliflower - blitzed in food processor until a rice like texture

Coconut oil

2 onions, thinly sliced

5 cloves garlic, crushed

Pinch of chilli flakes

1 tbsp fresh ginger, grated

1 bag of spinach

2 tsp ground cumin

1 ½ tsp ground turmeric

2 tsp curry powder

1 cup of sultanas or raisins

1 cup coconut cream

2 cups peas

Coconut oil, for cooking

1 lemon, juiced

Salt and pepper

Toasted nuts and seeds

### **Method:**

Heat a large spoonful of oil in a fry pan over medium heat.

Add the sliced onions, garlic, chilli + ginger. Cook until the onions are soft and golden.

Add greens + spices and sauté until wilted. Add salt to taste.

Add the cauliflower "rice". Along with the sultanas, peas + coconut cream. Sauté for five minutes. Season generously with salt and pepper.

Squeeze the juice of one lemon over the top and stir through. Top with toasted nuts and seeds.