



Mexican Cauliflower Rice (OP W)

Serving: 1

Veg

Ingredients

- - 150 grams cauliflower florets
- - $\frac{1}{2}$ teaspoon olive oil
- - $\frac{1}{4}$ medium onion, finely diced
- - half medium tomatoes, small dice
- - $\frac{1}{2}$ jalapeno, seeds and membrane removed, minced
- - 1 garlic cloves, minced
- - $\frac{1}{2}$ tablespoons tomato paste
- - pinch of cumin
- - pinch of paprika
- - pinch of cayenne pepper
- - pinch of salt
- - Freshly ground black pepper, to taste
- - chopped cilantro

Preparation Method

- **Instructions :**
- 1. Wash and thoroughly dry cauliflower , then remove all green parts
- 2. with a box grater, use the midium size of holes or a food processor with a grater attachment ,grate the cauliflower in to the size of rice, living any large tough steams behind.
- **Method :**
- -Heat the oil in a large skillet over medium-high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes. Add the garlic
- and cauliflower, sauté until the cauliflower is just tender, 2 minutes.
- -Add the tomato paste, cumin, paprika, cayenne, salt and pepper. Stir to evenly coat the vegetables and cook for 1 minute or until heated through. Add chopped cilantro
- and serve.