



Coconut Cauliflower Rice*

Serving: 1

Veg

Ingredients

- **Grated Cauliflower: 1/2 cup .**
(after grating the water has to be squeezed out completely).
- **- Desiccated coconut: 2 tbsp .**
- **- Coconut milk: 1 tbsp.**
- **- Curry leaves: 4-5**
- **- Dry Red chilies: 2, whole**
- **- 2 tbsp chopped capsicum**
- **- 1 tbsp chopped tomatoes**
- **- One pinch hing**
- **- One pinch mustard**
- **-1 tbsp Coconut oil .**

Preparation Method

- Heat oil in a kadai and add curry leaves, red chilies, hing, and mustard. Ensure they don't burn.
- -Add the grated Cauliflower (has to be grainy) and sauté for a bit and allow it to stay for 5-6 minutes. Then add chopped tomatoes, capsicum.
- -Add the desiccated coconut and continue to sauté until the flavors are absorbed.
- -Once cooked well, add the coconut milk and cover with a lid for 2-3 minutes and stir it again.
- - It's Ready to be served and totally easy for lunch packs. Tastes great with raita or any gravy.