

## How to Make Cauliflower Rice

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Serves: 4 - 6 servings

### Ingredients

- 1 head cauliflower
- 1 tablespoon olive oil, [ghee](#), or bacon fat
- sea salt
- fresh ground pepper

### Instructions

1. Cut cauliflower into large florets.
2. Rice cauliflower using shredding blade on food processor. Or pulse cauliflower in food processor with chopping blade, or grate by hand on box grater.
3. Heat fat in large [frying pan](#) over medium heat. Add cauliflower rice and saute until just cooked through, about 5 minutes. Season with salt and pepper to taste.

Recipe by Cook Eat Paleo at <http://cookeatpaleo.com/how-to-make-cauliflower-rice/>