

Brown and Wild Rice Cauliflower and Mushroom Curry

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Recipe type: **Phase 1 • Entree**

Prep time: 15 mins Cook time: 5 mins Total time: 20 mins

Serves: 4

Ingredients

- 2 tablespoons coconut oil or extra virgin olive oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1½ cups cooked brown and wild rice
- 6 oz. cooked, steamed cauliflower
- 1½ cups baby spinach leaves
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- ¼ teaspoon cumin
- 1 teaspoon sea salt
- ½ teaspoon celery salt
- ½ teaspoon garlic powder
- 1 tablespoon each, chopped parsley and chopped basil
- 1 cup coconut milk
- ½ cup vegetable stock
- 2 tablespoons chopped walnuts
- 2 tablespoons unsweetened coconut

Instructions

1. Heat the coconut oil in a large fry pan over medium-high heat for 1 minute.
2. Add the onions and saute for two minutes or until limp. Add the garlic and saute for 30 seconds.
3. Add the rice and the remaining ingredients except the spinach, chopped walnuts and shredded coconut. Stir well and cook for 2 minutes.
4. Stir in the spinach and cook for 1 minute, just to warm the spinach. Do not allow it to wilt.
5. Serve topped with chopped walnuts and shredded coconut.

Notes

Once you reach phase 2, serve with cooked chicken.

Recipe by Recipes For Repair at <http://recipesforrepair.com/recipes/brown-and-wild-rice-cauliflower-and-mushroom-curry/>