

COCONUT-TURMERIC CAULIFLOWER RICE

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Makes: 4 - 6 servings

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 small sweet onion, diced
- 1 garlic clove, minced
- 1 - 1 1/2 pounds of frozen riced cauliflower
- 1/2 teaspoon ground turmeric
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground black or white pepper
- 1/4 cup canned coconut milk
- 3 tablespoons fresh cilantro or parsley, chopped for garnish
- 1/4 fresh lemon, cut into a wedge

DIRECTIONS

1. Heat the oil in a large sauté pan over medium heat. Add the onions and sauté until soft and just starting to brown. Add the garlic and sauté another 30 seconds, until fragrant, careful not to burn.
2. Add the cauliflower rice and sauté until just starting to soften and the moisture has evaporated - approximately 2 - 3 minutes. You may need to raise the heat slightly for 1 -2 minutes to help the moisture evaporate more quickly, then reduce it back to medium.
3. Add the turmeric, salt and pepper; stir to coat all of the cauliflower and continue to sauté another 1 - 2 minutes. The cauliflower should be soft but still hold its shape and be a bit “chewy”.
4. Add the coconut milk to the sauté pan and stir to combine. Cook for another 2 minutes.
5. Transfer the cauliflower rice to a serving bowl or platter. Garnish with a sprinkling of fresh herbs and a squirt of lemon over top. Serve immediately.

NOTE: Leftover cauliflower rice can be cooled and refrigerated for up to one week in a tightly sealed container.