



Indian Cauliflower Rice

Save yourself a few hundred calories in your lunch/ weeknight meals by getting to grips with low-carb, cauliflower rice.

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Key facts

Preparation: 10 mins

Cooking: 20 mins

Total: 30 mins

Serves: 4

Ingredients

- 1 small **organic orange cauliflower** ~300g
- 2 whole **organic star anise**
- 1 piece of **cinnamon bark** ~3"
- 4 **organic cloves**
- 4 pods **organic green cardamon**
- 1½ tsp **organic cumin**
- 1½ tbsp **Spanish organic cold-pressed extra virgin olive oil**
- ¼ tsp **Himalayan rock salt**
- ¼ tsp **organic black pepper powder**
- a handful of **organic sultanas**
- a small handful of **organic Thai basil**
- 1 pinch of **organic supreme chilli powder**
- and a leaf of **organic Ulam Rajah** to garnish

Method

1. Use the reverse spin in Thermomix speed 5 for 3 seconds to chop the cauliflower into a rice-like texture and set aside.
2. Dry-fry the star anise, cinnamon, cloves, cardamon and cumin.
3. When the spices become really fragrant add the cauliflower, mix together quickly and remove from heat.
4. Remove the cinnamon and star anise.
5. Drizzle the olive oil and sprinkle the pepper and salt over the mixture and add
6. the handfuls of sultanas and Thai basil and toss together.
7. Plate using Ulam Rajah and supreme chilli powder to garnish.