**Cauliflower Rice**

Cauliflower rice provides a tasty alternative to normal rice and can be used as a direct substitute for rice to accompany stews and curries

Serves 2

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| **Ingredients**  1/2 large head cauliflower, riced (see below) 2 tbsp. coconut oil or Kerrygold butter or grass-fed animal fat Himalayan rock salt or sea salt, to taste |
| **Instructions**  Cut the cauliflower into florets and pulse in a food processor (e.g. NutriBullet) until it reaches rice consistency. If you don’t have a food processor, you can use a hand grater  Melt the fat in large skillet over medium heat. Add the cauliflower rice and sprinkle with sea salt. Cook for 5 minutes stirring periodically and serve  . |