

**SPICED**

# Cauliflower Rice

## YOU WILL NEED

Serves 4

- ½ large cauliflower
- 1 tbsp olive oil
- ½ tsp ground cumin
- ½ tsp ground coriander
- dried chilli flakes (optional)

## METHOD

- Preheat oven to 180C.
- Cut cauliflower into chunks & wash.
- Blitz in food processor for 30 secs until cauliflower resembles rice.
- Place in a bowl & add oil & spices.
- Spread evenly on baking paper on oven tray.
- Cook 180C for 10-12 mins.
- Remove from oven & serve.



## HEALTH TIP

Cauliflower:  
High in fibre & low in carbohydrates. Also rich in Vitamin C.

a cut above

**catering**

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