

Indian Cauliflower “Rice”

Time: 10 Minutes

Servings: 2-3 bowls

Level: Easy

Ingredients:

- o 3 cups Organic Cauliflower Rice
- o 1 Tablespoon Coconut Oil
- o 2 teaspoon Cumin Seeds
- o ½ teaspoon Ground Cumin
- o 1 teaspoon Turmeric
- o ¼ teaspoon Chili Powder
- o 1 cup White Onion, diced
- o 1 cup Frozen Peas
- o 1 teaspoon Salt
- o ¼ teaspoon Black Pepper
- o Additional Salt + Pepper to taste

Directions:

- 1) Heat pan to medium and add Coconut Oil.
- 2) Add Onions and cook for about 3 minutes or until translucent.
- 3) Add Cumin seeds, Ground Cumin, Turmeric and Chili Powder and cook for until fragrant, about 30 seconds.
- 4) Add Peas and Cauliflower and cook for about 2-3 minutes.
- 5) Add Salt and Pepper to taste.