

CAULIFLOWER 'RICE'

Equipment needed –

Measuring spoons, small knife, chopping board, food processor, garlic crusher, large deep frying pan and 3 small serving platters.

Ingredients from the Garden –

- 2 large heads of cauliflower
- 4 tablespoons of coconut
- 8 spring onions
- 4 tablespoons of chopped chives

Ingredients from the Pantry –

- 2 tablespoons of coconut oil
- 4 cm piece of fresh ginger, peeled and finely chopped
- 4 cloves of garlic
- Pink Himalayan salt flakes

What to do –

1. Using a food processor, process the cauliflower until finely chopped.
2. Peel and crush the garlic and set aside.
3. Peel and finely chop the ginger and set aside.
4. Measure out 2 tablespoons of coconut oil into a large deep frying pan over a medium heat.
5. Add the ginger and garlic and cook stirring for 2 minutes or until the mixture is fragrant.
6. Add the cauliflower and coconut, cook stirring occasionally for 20 minutes or until the cauliflower is tender and a light golden colour.
7. Meanwhile, finely chop the chives and the spring onions and set aside.
8. When the 'rice' is ready, stir in the spring onions and chives. Season well with salt and pepper then divide evenly amongst 3 serving bowls and serve.

Serves –

- 28 students.