THE LIGHTER PLATE METHOD

Garlicky Cauliflower Rice

A simple, reliable side that works alongside almost any main — ready in ten minutes.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**10 min**	**20 min**	**4**	**EASY**

Ingredients

- 1 large cauliflower (cooked or raw)
- 1 clove garlic (chopped)
- 1 tbsp flat-leaf parsley (chopped)
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 pinch black pepper

Method

1. Grate the cauliflower on a box grater or pulse in a food processor until it resembles rice.
2. Heat the oil in a pan and sauté the garlic for 30 seconds.
3. Add the cauliflower rice with 50ml water and cook for 5–6 minutes, until the water has evaporated and the cauliflower is tender.
4. Season well and scatter with parsley to serve.

Tips & swaps

- Works equally well as a base for a stir-fry or a curry.

Storage & reheating

Keeps in the fridge for 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
70	**3g**	**6g**	**4g**	**3g**

Estimated values, for guidance only.