THE LIGHTER PLATE METHOD

Middle Eastern Cauliflower Rice Salad

Raw cauliflower rice tossed with orange, herbs and toasted almonds — light but genuinely satisfying.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**5 min**	**20 min**	**4**	**EASY**

Ingredients

- 1 head cauliflower (blitzed to rice-sized pieces)
- 1 orange (segmented, juice reserved)
- 30 g flaked almonds (toasted)
- 40 g sultanas
- 1 large handful flat-leaf parsley (chopped)
- 0.5 tsp ground cinnamon
- 2 tbsp olive oil

Method

1. Toast the almonds in a dry pan for 2 minutes, until golden. Set aside to cool.
2. Whisk the reserved orange juice, cinnamon and olive oil together for the dressing.
3. Toss the raw cauliflower rice with the orange segments, sultanas and parsley.
4. Pour over the dressing and toss well.
5. Scatter with the toasted almonds just before serving.

Tips & swaps

- This keeps its crunch better than cooked grain salads, making it a good make-ahead lunch — just add the almonds fresh.
- Pomegranate seeds are a lovely addition if you have them.

Storage & reheating

Keeps in the fridge for 2 days (store almonds separately to keep them crisp).

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**6g**	**22g**	**12g**	**6g**

Estimated values, for guidance only. Contains: Tree nuts (almonds).