



Cauliflower Rice

Serves 1

Prep time: 2-3 minutes

Cooking time: 1 minute

Per portion

Calories: 54

Fat: 0.9g

Saturates: 0.2g

Carbs: 7.5g

of which sugars: 5g

Salt: 0.46g

Ingredients:

- 180g fresh cauliflower florets
- 1 vegetable stock cube

Instructions:

Boil 600ml of water in a saucepan, adding the vegetable stock cube.

Break the cauliflower into florets and blend in a food processor until they form the consistency of breadcrumbs. Add this cauliflower 'rice' to the boiling water for 30 seconds, then drain well through a sieve before serving.

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