



## Coconut and Cauliflower Rice with Cashews

Serves: 1

Prep time: 10 Minutes

Cooking time: 20 Minutes

### Ingredients:

- 2 teaspoons coconut oil
- 1 teaspoon chopped brown onion
- ½ teaspoon cinnamon
- 1½ cups grated cauliflower
- pinch ground cumin
- pinch ground turmeric
- pinch chilli flakes
- 100ml coconut milk
- 30ml water
- 2 tablespoons roasted cashews finely chopped

### Garnish

- 1 **\*extra** teaspoon roasted cashews roughly chopped
- 1 tablespoon parsley or coriander leaves

### Method:

- Heat coconut oil in medium size pan over medium to high heat
- Add onion and cinnamon, stir while cooking till onion softens and is golden brown
- Add grated cauliflower to the onion mix, along with the cumin, turmeric and chilli. Mix well and cook for 2-3 minutes
- Add water and coconut milk, stir to combine, cover with lid and cook for 10 minutes
- Add the finely chopped cashews and stir while cooking for another 2 minutes
- The cauliflower will thicken and fluff up as it is cooking.

**Garnish** with the **\*extra** cashews and parsley/coriander leaves

Serve with my Chicken Satay with Peanut Sauce



*This is a healthy, tasty, side dish or enjoy just as it is, **so Yummy***