

# CAULIFLOWER RICE AND MASH

A great low carb high fibre option in place of rice, works well with broccoli

## CAULIFLOWER RICE

Either defrost a bag of cauliflower rice  
or cut up a cauliflower and rice in a blender

Set Oven to 200 C

Spread out on an oven tray

Season with salt, pepper & 1 teaspoon of sesame oil - mix well

Cook for 10 - 15 minutes until golden

## CAULIFLOWER MASH

Steam half a head of cauliflower until soft  
cool then place in a blender with:

- 1 tablespoon of butter
- 1 teaspoon of parmesan cheese,
- ¼ cup of milk of choice
- salt and pepper.

Blitz