

Cauliflower Rice

Recipe By *Brynie Greisman*



Cooking and Prep: 
1.5 h

Serves:  6

No Allergens

Preference: Parve

Difficulty: Medium

Occasion: Passover

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Fat, Low Carb

Source: Family Table by
Mishpacha Magazine

I'm always looking for new ideas for side dishes that are easy and carb free — this satisfies both criteria. It really looks like rice and yet is totally vegetable-based! It can be made one to two days in advance.

Ingredients (7)

Cauliflower Rice

- 1 pound (450 grams) frozen cauliflower or [Heaven & Earth Organic Riced Cauliflower](#) (if using skip to last sentence of step 1 in directions)
- 1–2 medium carrots, peeled
- 1 and 1/2 tablespoons nut oil

- salt and pepper, to taste (be generous)
 - pinch sugar
 - 2 heaping tablespoons **Tuscanini Tomato Paste**
 - chopped fresh parsley, for garnish
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Start Cooking

Make the Rice

1. Let the frozen cauliflower florets sit at room temperature for about an hour. They will slightly defrost. Rinse in a colander to remove excess ice. Place in the food processor with the knife attachment, and pulse just until small rice-like pieces form. Remove to a bowl. Do the same with the carrots.
2. Heat the oil in a large skillet. Add the cauliflower and carrots. Add seasoning (other spices can be added, to your taste). Cook over medium heat for about eight minutes or until tender, stirring occasionally. Add tomato paste and continue cooking for another one to two minutes. Remove from heat and stir in a handful or two of parsley.
3. Cover skillet and let steam to soften. Taste and adjust seasoning if desired. Serve hot.

Note:

I wanted to keep it simple. You can, however, add a sautéed onion or chopped scallions if you wish. Personalize the dish to your taste and according to your family custom.

Tip:

I tested this dish with fresh bug-free cauliflower, and it was really good. Texture was even better.

Credits

Photography: Moishe Wulliger

Styling: Renee Muller