

Curry Cauliflower Rice

Curry Cauliflower Rice is a quick and easy recipe that can be ready-to-go in less than 15 minutes! Use your home-prepared cauliflower rice straight from the food processor or throw in frozen cauliflower rice to save some time.

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 4

Ingredients:

- 3 tbsp olive oil divided
- ½ cup red bell pepper finely chopped
- ½ cup sweet onion finely chopped
- 2 cloves garlic crushed
- 12 oz cauliflower rice fresh or frozen
- ½ cup green peas (fresh or frozen)
- ¼ cup corn (optional)
- 1 ½ tsp curry powder
- ¼ tsp turmeric ground
- ¼ tsp coriander ground
- ¼ tsp salt
- dash of cilantro (optional garnish)



Instructions

1. Break up the cauliflower into small chunks, then add the cauliflower chunks to a food processor. (If using frozen cauliflower rice, skip to step #3).
2. Pulse the food processor a few times until the cauliflower is broken down into small clusters (be careful not to over-pulse, or your rice will become mushy!)
3. If using frozen cauliflower rice, green peas and corn, let them thaw at room temperature for 10 minutes before using.
4. In a medium-large skillet over medium heat add 2 tablespoons of olive oil, bell pepper, and onion. Sauté for 4-5 minutes.
5. Add garlic and sauté for another 1-2 minutes, or until garlic begins to brown slightly.
6. In a small bowl mix together curry powder, turmeric, coriander, and salt.
7. Add remaining olive oil, thawed (or fresh) cauliflower rice, thawed (or fresh) green peas, corn, and seasoning mix to the skillet. Cook for 5-7 minutes over medium heat, or until cauliflower rice is cooked to your desired tenderness.
8. Serve with cilantro and enjoy!

Recipe modified from: <https://www.evolvingtable.com/15-minute-curry-cauliflower-rice-paleo/#wprm-recipe-container-8036>