

LOVE THY CARROT

real food made with love

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KIMCHI CAULIFLOWER RICE

This recipe makes 2 - 3 servings.
You can make this dish in less than 15 minutes.

INGREDIENTS

1 Small head cauliflower, (about 4 cups)
2 tbsp oil, use any oil you like (I made mine with avocado oil)
1 small clove garlic, minced
2 tsp sesame oil
1 small bunch of kale, (any type of kale you like) ribs removed, leaves sliced into ribbons
2 scallions, thinly sliced
½ cup chopped kimchi
¼ cup chopped fresh parsley
3 tbsp tamari, soy sauce or coconut aminos
Sriracha or your favourite hot sauce, for serving
Sesame seeds for garnish (optional)

DIRECTIONS

1. Cut the cauliflower into small florets, then in small batches add the cauliflower into the bowl of a food processor and pulse until it resembles grains of rice.
2. Heat both oils in a large non-stick sauté pan over medium-high heat. Add the garlic, kale and cauliflower and sauté until the kale is wilted and the cauliflower is beginning to brown, about 5 minutes. Mix in the scallions, kimchi, cilantro, and tamari sauce.
3. Taste for seasoning and serve with Sriracha or your favourite hot sauce.

COOKS NOTES

Top with any protein you like, such as a fried or a soft-boiled egg, baked tofu, (my fav) or baked tempeh.
This recipe is adaptable to any green leafy vegetables such as spinach, bok choy or swiss chard.