



the scoop on nutrition

Nutty Cauliflower Rice

Serves 6

Preparation time: 30 minutes

Cooking time: 25 minutes

Ingredients

2 tablespoons olive oil
1 large onion, finely chopped
3 cloves garlic, crushed
2 birds eye chillies, chopped
1 tablespoon cumin
1 tablespoon ground coriander
800g -1kg cauliflower, processed in batches until rice grain sized (don't allow the cauliflower to become too fine)

100g sugar snap peas, blanched
100g green beans blanched
½ cup KRAFT Natural Peanut Butter Smooth or Crunchy
½ cup chicken stock
¼ cup shredded mint
¼ cup parsley leaves

Barbecued chicken skewers, for serving

Method

1. HEAT the oil in a large saucepan or wok and sauté the onion, garlic, chilli and spices over a low heat for 1-2 minutes or until fragrant.
2. TOSS in the cauliflower and stir well to coat in the spices. Sauté for 3-5 minutes. Stir in the peanut butter and stock and cook a further 3-5 minutes. Add the peas and beans and warm through.
3. SPOON the cauliflower onto a serving platter, sprinkle with the herbs and serve with the chicken skewers. Serve immediately.