

Cilantro Cauliflower Rice

Unit: Food Cutter and Large Skillet

1 - Head of cauliflower cut on #2 blade

Sea salt and black pepper to taste

1/4 - Cup of fresh Cilantro, chopped

1 - Tbsp Coconut oil or Butter

1 - Medium lime

Remove the outer leaves and stem from the cauliflower and cut it on the #2 blade. Melt the oil into a large skillet and place the cauliflower into the skillet. Add sea salt and black pepper to taste. Sauté the cauliflower for about 5 minutes or until it begins to become translucent, stirring gently to cook it all evenly.

Place the cooked cauliflower into a large serving bowl and toss with chopped cilantro before serving and add fresh lime juice to taste.