

# Low Carb Cauliflower 'Rice'

## Ingredients

- 1 head of cauliflower
- 1 red onion finely chopped
- 1 garlic clove grated
- ½ teaspoon ground cumin
- 1 pinch sea salt
- 1 pinch ground black pepper

## Method

Gently fry the onion and garlic in a little olive or coconut oil. In the mean time grate the cauliflower using the largest setting on your grater (the normal cheese setting!)

Add the grated cauliflower to the softened onion and garlic, fry for 3 – 4 minutes before adding the ground cumin, salt & pepper. Continue to fry for a further 2 – 3 minutes. Serve immediately!