Coconut-Lime Cauliflower “Rice”

Ingredients
1 medium head cauliflower
1 cup coconut milk
½ cup water or chicken stock
1 to 2 tablespoons freshly squeezed lime juice
2 cloves garlic, crushed
1 to 2 teaspoons grated ginger
½ to 1 teaspoon crushed red chili flakes
½ teaspoon Herbamare or sea salt

Garnishes
Sliced green onions
Chopped cilantro
Lime Zest

Directions
1. Break or cut the cauliflower into smaller pieces and place them into a food processor fitted with the “s” blade. Pulse until the cauliflower is coarsely ground. It takes about two minutes of pulsing to accomplish this. Be careful not to over-process and turn the cauliflower to mush.
2. In a large skillet or wide pot, such as an 11-inch deep skillet, heat the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat. Once the mixture is simmering add the ground cauliflower.
3. Stir together and simmer uncovered for 10 to 15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking. Garnish with sliced green onions, chopped cilantro, and lime zest. Serve hot.

Yields: 4 to 6 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre