

# 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.

\*Note: Serve immediately when finished cooking. The cauliflower gets soft if it sits.



HEALTH QUEST