

Fragrant cauliflower pilaf



DYNAMIX
HEALTH & FITNESS

300g cauliflower florets
2 tsps olive oil
½ tsp garlic granules
½ tsp sea salt
½ tsp ground black pepper
2 tsps curry powder
30g green pitted olives, sliced
100g (drained weight) tinned chickpeas, drained
8 cherry tomatoes, halved
a small handful of fresh coriander, finely chopped
juice of ½ a lemon
20g sultanas
a small pinch of ground red chilli flakes

SERVES 2

Preheat oven to 200°C/400°F. Line a large baking tray with baking paper.

Place the cauliflower florets in a food processor or blender and blend into a rice consistency.

Place the cauliflower rice in a large bowl. Add the olive oil, garlic granules, salt, pepper and curry powder. Stir well.

Place the mixture onto the baking tray and spread out evenly. Bake for five minutes.

Stir the mixture gently and bake for another five minutes. Allow to cool on the tray.

Place the olives, chickpeas, tomatoes and coriander in a bowl. Add the cauliflower rice and stir well. Add the lemon juice, sultanas and chilli flakes. Stir well and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
238 Calories
27g Carbs
10g Protein
10g Fat

