



You will find this Keto Cauliflower Rice a good dish to have. It's quick, easy and in my opinion is much nicer than rice, and goes with more or less everything you would normally pair rice with.

Servings - 4

Prep Time - 10 Mins | Cook Time - 5 Mins | Total Time - 15 Mins

Difficulty - Easy



Cuisine - American

RECIPE

KETO CAULIFLOWER RICE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Medium Sharp Knife](#)

[Non Stick Large Saucepan](#)

[Food Processor](#)

[Spatula](#)

[Rice Serving Bowls](#)

INGREDIENTS

1 Medium head Cauliflower

[1/2 Tsp Himalayan Salt \(Ground\)](#)

[1/8 Tsp Black Pepper \(ground\)](#)

METHOD

There are quite a few ways to make cauliflower rice, but in my opinion this is the easiest and by far the most tasty results. Pop the cauliflower florets in a food processor. You can chop it by hand but it takes some time and is not as even.

Place the cauliflower in a large bowl and add the salt and pepper and mix thoroughly.

Pop it in the microwave for 2 minutes and then stir and then cook for another 2 minutes. If it is not soft enough, give it another minute.

Pop it in a serving bowl and serve immediately.

SERVING SUGGESTIONS

Serve with any dish where you would normally use rice. It's really great for sushi too. [Keto Sushi With Cauliflower Rice](#).

STORAGE

Store in an airtight container for 4 or 5 days. You can freeze for up to 60 days.

NUTRITION FACTS

#VALUE!

LOW CARB - KETO - SUGAR FREE - DAIRY FREE - GLUTEN FREE - VEGETARIAN - VEGAN

For more delicious recipes visit the recipe section of our website at:

<https://www.forhealthandlonglife.com/recipes>

