

Difficulty:
Easy



Spicy cauliflower rice

Time:
30 minutes



Allergens: Dairy

What is it?

A yummy rice dish packed with flavour!



**AVERAGE COST
PER PERSON
£1.05**

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Cauliflower	1/2	1	1
Spinach	50g	100g	150g
Red onion	1/2	1	1
Halloumi	60g	90g	120g
Garlic clove diced	1	1	1
Tumeric	1/2tsp	1tsp	1tsp
Ginger	1/2tsp	1tsp	1tsp
Curry powder	1/2tbsp	3/4tbsp	1tbsp
Rice	250g	375g	500g
Chilli (optional)	1	1	1

Kit list:

- Saucepan
- Large frypan
- Sieve

Make it your own!

If you don't like things to spicy adjust the amount of curry powder.
and don't add the chilli !

**Celebrate Family
Food**

Charity no.
1125784



What to do:

Step 1: Cook rice to your liking drain and set aside.

Step 2: Cut cauliflower into florets bring to a boil and cook for 5 minutes, add spinach and cook for a further 2 minutes drain and set aside.

Step 3: Heat some oil in a pan and fry the onion for 5 minutes then add the diced halloumi and cook for a further 5 minutes.

Step 3: Add all the spices and stir through for a couple of minutes.

Step 4: Roughly chop the cauliflower into bite-sized pieces and then add to the mix along with the rice, cook together for a couple of minutes

Step 5: Season and scatter with deseeded and diced chilli serve and enjoy



What did you think of this recipe? Colour in the stars to give it a rating!

