



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

PURPLE CAULIFLOWER RICE



This technique is a great and filling way to add more veggies to your plate and decrease your carbs.



00 HR 30 MINS



Serves 4



Featuring

[Blue House Farm](#)

INGREDIENTS

- 1 large head purple cauliflower, quartered
- 3 tablespoons olive oil, butter, or bacon drippings
- 1 medium onion, leek, or 2 shallots
- 2 tablespoons fresh parsley
- Juice of 1/4 to 1/2 lemon, to taste
- Salt and pepper, to taste

METHOD

Trim the cauliflower by quartering it, laying a flat side on your cutting board and making a diagonal cut to separate the florets from the core. In 4 batches, break up the florets into a food processor and pulse until the mixture resembles pebbles.

Heat oil in a large skillet over medium-high heat. Add the oil and heat; add onions, shallots, or leeks, and stir to coat. Continue cooking, stirring frequently, until the onions are golden brown at the edges and have softened for about 8 minutes. If using leeks, cook 5 minutes. If using shallots, cook 2 minutes. Add cauliflower and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes. Remove from the heat.

Spoon the cauliflower into a large serving bowl, garnish with parsley, sprinkle with the lemon juice, and season to taste with salt. Serve warm