



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

SPRING CAULIFLOWER RICE



Cauliflower lends itself well to additional stronger ingredients like asparagus, garlic, and spices.



00 HR 35 MINS



Serves 4



Featuring

[J&M Farms](#)

[Fifth Crow Farm](#)

INGREDIENTS

- 4 tablespoons extra virgin olive oil
- 1 cup almonds, chopped
- 1 head cauliflower, quartered, pulsed in a food processor until pea-sized
- 2 stalks green garlic, sliced
- 1 bunch pea greens, chopped
- 2 cups diced hard (winter) squash or sweet potato
- 1 pound asparagus, trimmed and sliced
- 1 tablespoon French tarragon or other soft spring herbs
- Lemon to taste
- Hard aged cheese (optional)

METHOD

Heat oil on medium-high and add squash. When squash begins to brown, add almonds. Sauté until browned.

Add green garlic until fragrant, about 10 seconds. Add asparagus and sauté for one minute. Then add cauliflower and sauté for seven minutes, stirring continuously. If the cauliflower sticks to the bottom of the pan, turn down the heat.

Add the pea greens and French tarragon and sauté for another 3 minutes. Season with lemon, salt, and pepper to taste. Finish with a hard grating cheese