



CAULIFLOWER RICE

Vegetable Accompaniment: Vegetable accompaniment, this recipe provides a portion of vegetables and counts towards meeting the standards to provide a portion of vegetables as an accompaniment for each pupil at lunch.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

1400g (2) cauliflower, trimmed (trimmed weight 630g)
2 tbsp olive oil
6g (2tsp) paprika, ground
2 cardamom seeds
4 cloves
6g (2tsp) cumin, ground
3tsp (18g) reduced salt vegetable bouillon
750ml water
15g fresh marjoram, chopped

Method

1. Place the cauliflower florets in a blender and pulse until it resembles rice.
2. Heat the oil in a saucepan. Add the paprika, cardamom seeds, cloves and cumin and stir through for 2 minutes.
3. Add the cauliflower and stir again.
4. Prepare the stock and add to the cauliflower mixture. Allow to simmer for 4-5 minutes.
5. When the stock is absorbed, and just before serving, stir the marjoram through the rice.

Serving suggestion: with sweet and sour pork or tandoori-marinated chicken



Number of portions this recipe makes:

12 primary servings (120g)
8 secondary servings (180g)



Prep: 5 minutes
Cook: 25 minutes



Allergy information:

None



Top Tips

Add chilli to make it spicy.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and stock preparations with a salt content less than 0.6g/100ml as consumed.