



Flourishing Kitchen

Raw Cauliflower Rice

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Soak Time: 0 mins | Serves: 2-3

Recipe Ingredients:

1 small head of cauliflower
½ lemon

You Will Need:

a food processor with an s-blade or a handheld grater
a sharp knife
chopping board
a spatula and fork
container with a lid for storing



Recipe Directions

1. Wash the head of cauliflower in cold water and remove the leaves. Pop it onto a tea towel and pat it dry. You don't want the cauliflower to be wet when you rice it or it will stick together.
2. Chop the cauliflower into florets. You'll want them to be small enough to fit into the food processor. 2 inches or so in size is about right.
3. Put the chopped cauliflower into the food processor and pulse a few times until they've broken down enough to resemble grains of rice. You may need to intervene with a spatula to scrape it down the sides part way through this process.
4. If there are any larger pieces of cauliflower left, take them out. Once you've removed the cauliflower rice, you can pulse these again until they've turned into rice.
5. Remove using a spatula and pop into a suitable container. Squeeze over the juice of half a lemon and give it a stir through with a fork. Cover and refrigerate until needed.

Notes

When chopping the florets, try to get them a roughly similar size then it will all come together easily. I also include the stem—no need to waste it.

It's best to pulse the cauliflower in small batches instead of filling your food processor to the top. If you process them too much, they'll turn to mush, which you should avoid. I found that on average one small cauliflower took 8-10 pulses of the food processor then it was all done.