



# Cauliflower 'Rice' Stir Fry

By Whole Living

## Ingredients

- 2 cups cauliflower florets
- 2 Tbsp Safflower or Sunflower oil, divided
- 1 sliced red onion, divided
- 4 minced cloves garlic, divided
- Coarse salt
- ¼ cup of vegetable or chicken broth
- 1 Tbsp minced fresh ginger
- 1 thinly sliced small red chile
- 2 cups broccoli florets
- 1 julienned large carrot
- 1/2 diced (stemmed, seeded) red bell pepper
- Juice of 1/2 lemon
- 2 Tbsp shelled pumpkin seeds
- 2 Tbsp fresh cilantro leaves

## Directions

1. Pulse cauliflower florets in a food processor until finely chopped. (For video on how to: <http://www.bigredkitchen.com/2012/05/the-fastest-way-to-rice-cauliflower-video/> )
2. Heat 1 Tbsp oil in a large skillet over medium heat. Add 1/2 sliced red onion and 2 minced cloves garlic and cook, stirring, until tender, about 6 minutes. Add cauliflower and season with coarse salt. Stir in Cleansing Broth and steam, covered, until broth has evaporated and cauliflower is tender, about 6 minutes. Transfer to a bowl and cover.
3. Wipe pan and heat 1 Tbsp oil over medium-high heat. Add 1/2 sliced red onion and cook, stirring, until tender, about 5 minutes. Add 2 minced cloves garlic, ginger, and chili and cook 1 minute. Add broccoli florets, carrot, and bell pepper and cook, stirring, until tender, about 5 minutes. Season with salt. Remove from heat and add lemon juice.
4. For each serving, top cauliflower with vegetables and sprinkle with 1 Tbsp pumpkin seeds and 1 Tbsp cilantro.