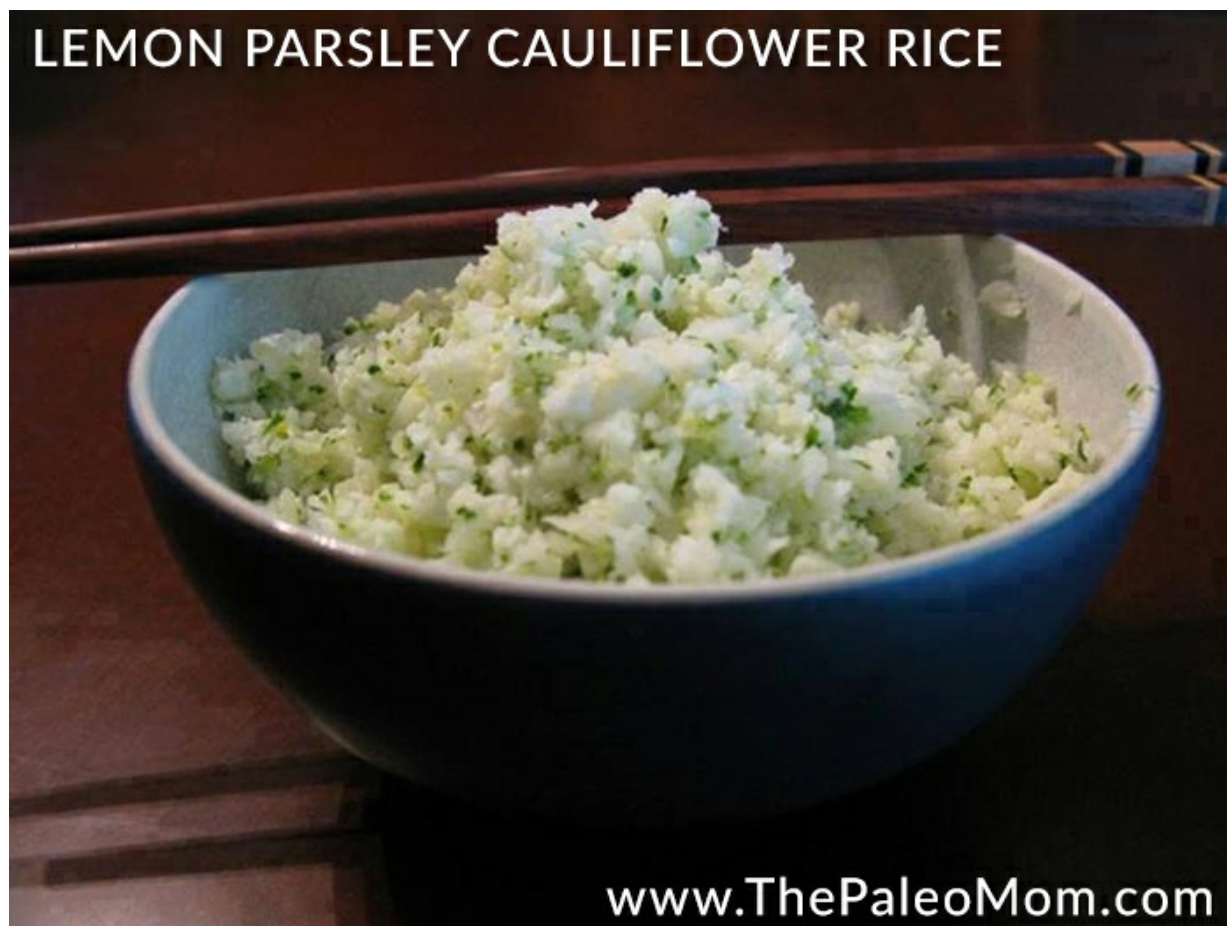


Lemon Parsley Cauliflower “Rice”

ThePaleoMom

I have to admit that I've never really liked rice, not unless it was drenched in the sauce from several different Chinese food dishes from an authentic restaurant. When I first started eating low carb, I often made rice as a starch for my husband because it was so easy for me to abstain and just stick with my low-carb veggies. Now, we don't eat rice at all except for very rare occasions when I'll make some for my husband and kids. If a dish calls for rice (typically a stir fry or Indian-inspired dish), I make the standard paleo substitute of cauliflower rice. But, I have to admit that, unless it's going to be drowned in sauce, I find this just as boring and bland as rice itself. At least, I used to find it boring. I started playing with flavorings for cauliflower rice to jazz it up and make it stand alone as a flavor on the plate (no sauce required!). The inspiration for this variation comes from a recipe from my old Good Housekeeping cookbook that I used to make with fish fairly often. Besides being delicious beside fish, it's also pretty awesome beside pork. Makes 4-5 servings.



Ingredients:

- 1 small head of cauliflower (4-5 cups riced)
- 3 Tbsp cooking fat (I like half [tallow](#) or [lard](#) and half [coconut oil](#))
- 2 tsp lemon zest (approximately 1 lemon)
- 4 Tbsp chopped fresh parsley
- 1/8 tsp [Salt](#) , to taste

1. Trim cauliflower and place florets in a [Food Processor](#) (you may have to do this in batches). Pulse until chopped to rice grain size. Set aside.
2. Heat cooking fat in a [large frying pan](#) or [Wok](#) over medium-high heat. Add cauliflower to the oil and cook, stirring frequently until cauliflower is cooked al dente (about 6-8 minutes).
3. Stir in lemon zest, parsley and salt. Cook 1 minute. Enjoy!

