

Pomegranate 'Rice' With Toasted Almond

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min

Serves 6

Ingredients

1/4 cup sliced almonds
1 head cauliflower
1 Tbsp coconut oil
3 Tbsp chicken broth
2 tsp fresh ginger, grated
zest from 1 orange
1 tsp ground cumin
1/2 cup pomegranate seeds
dash of sea salt & pepper

Instructions

- 1 Wash the cauliflower & chop into small pieces. Grate the pieces with a food processor.
- 2 In a large skillet heat the coconut oil over medium.
- 3 Add the shredded cauliflower & saute for about 5 minutes.
- 4 Add the chicken broth, ginger, orange zest, cumin, pomegranate seeds and the almonds.
- 5 Mix until fully combined and saute for additional 5 minutes until tender.
- 6 Season with salt & pepper.
- 7 Serve as you would traditional rice.

team victory / spray it away <http://sprayitaway.ca/>