

Cauliflower Rice

Kobi Flower Bhat



- 1/2 cup rice
 - 1 Tbsp oil
 - ½ cup cauliflower pieces - steamed
 - ¼ tsp mustard seeds
 - ¼ tsp cumin seeds
 - Pinch asafoetida
 - ½ tsp grated ginger
 - 1 ½ cups boiling water
 - Fresh coriander leaves
 - Salt to taste
1. Heat the oil and add the mustard seeds. When they pop add the cumin seeds, asafoetida and ginger. Cook for 30 seconds.
 2. Add the cauliflower and rice. Stir until the rice starts to brown.
 3. Add boiling water, salt, cover and simmer for 15-20 minutes or until cooked.
- A nice variation is to add tomato when adding the cauliflower and a little sugar to taste.