



Curry Cauliflower Fried Rice

Recipe By JASMIN QUEEN

SERVES: 4

INGREDIENTS:

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| <input type="checkbox"/> 2 15.5 oz. cans Harvest Farms garbanzo beans, <i>drained and rinsed</i> | <input type="checkbox"/> 1 tbsp. garlic, <i>minced</i> |
| <input type="checkbox"/> 2 tbsp. coconut oil, <i>melted</i> | <input type="checkbox"/> 1 tsp. curry powder |
| <input type="checkbox"/> ¼ tsp. cumin | <input type="checkbox"/> ¼ tsp. ginger |
| <input type="checkbox"/> ¼ tsp. turmeric | <input type="checkbox"/> 1½ tbsp. lemon juice |
| <input type="checkbox"/> 1 tsp. sea salt | <input type="checkbox"/> ½ cup red bell pepper, <i>chopped</i> |
| <input type="checkbox"/> 1 2½ -3 lb. head of cauliflower, <i>cut into florets</i> | <input type="checkbox"/> 2 tbsp. coconut milk |
| <input type="checkbox"/> ½ onion, <i>diced</i> | <input type="checkbox"/> 2 cups baby spinach |
| | <input type="checkbox"/> salt and pepper, <i>to taste</i> |

DIRECTIONS:

- ☐ 1. Preheat the oven to 400°F. Toss chickpeas with 1 tbsp. melted coconut oil, cumin, turmeric, ½ tsp. sea salt, and black pepper. Roast in the oven for 25-30 minutes.
- ☐ 2. While the chickpeas roast, add cauliflower florets to a food processor. Pulse cauliflower several times until it is broken down to the size of rice.
- ☐ 3. Heat remaining coconut oil in a large skillet or wok over medium heat. Add onion and sauté for five minutes. Add garlic and sauté for three more minutes.
- ☐ 4. Add riced cauliflower, curry powder, ginger, lemon juice, and coconut milk to the skillet and mix well. Add roasted chickpeas, baby spinach, and red bell pepper, stirring well. Cook for about three minutes.
- ☐ 5. Transfer to a serving dish and enjoy.

You can also use 3 12 oz. bags of frozen Laura Lynn riced cauliflower instead of preparing it yourself.

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