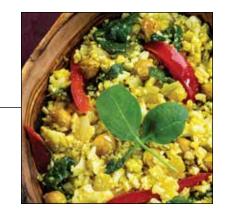


Curry Cauliflower Fried Rice

Recipe By JASMIN QUEEN

SERVES: 4



INGREDIENTS:

2	15.5 oz. cans Harvest Farms		
	garbanzo beans, drained and rinsed	1	tbsp. garlic, minced
2	tbsp. coconut oil, melted	1	tsp. curry powder
1/4	tsp. cumin	1/4	tsp. ginger
1/4	tsp. turmeric	11/2	tbsp. lemon juice
1	tsp. sea salt	1/2	cup red bell pepper, chopped
1	2½ -3 lb. head of cauliflower,	2	tbsp. coconut milk
	cut into florets	2	cups baby spinach
1/2	onion, diced		salt and pepper, to taste

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.
- \square 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.

