

## CAULIFLOWER FRIED RICE

1 ½ cauliflower heads, separated into florets	2 tbsp olive oil
1 onion finely chopped crushed	2 cloves garlic
½ tin corn kernels grated	2.5cm ginger,
100g green beans florets	100g broccoli
4 eggs, whisked	2 tbsp soy sauce
1 handful of bean sprouts	2 spring onions, sliced
2 tbsp chopped coriander leaves	2 tbsp parsley
1 tbsp chopped mint leaves	

- 1- Pulse the cauliflower in a food processor until it resembles rice.
- 2- Heat the olive oil in a pan over high heat and add the onion and garlic and cook until softened. Stir in the broccoli, green beans and ginger and cook for a few minutes.
- 3- Add the cauliflower and cook for 2-3 minutes, or until tender. Add the egg, soy sauce, sprouts, corn, spring onion, chopped herbs and some salt and pepper and cook for 2 minutes, or until everything is heated through and well combined.

Add 3 potatoes  
and 3 parsnips  
cut into small  
cubes and roasted  
in the oven with  
olive oil and