

HERBED CAULIFLOWER RICE



SERVING SIZE

2



INGREDIENTS

ITEM

Cauliflower Riced or Grated
Olive Oil
Garlic Cloves, Grated
Chopped Dill, plus more for garnish

QUANTITY

6 Cups
1 Tbsp.
2
3 Tbsp.

ITEM

Minced Chives, plus more for garnish
Finely Chopped Flat-Leaf Parsley,
plus more for garnish
Kosher Salt
Freshly Ground Black Pepper

QUANTITY

2 Tbsp.
1 Tbsp.
To Taste
To Taste



PREPARATION

- Heat olive oil in a large skillet over medium heat.
- Add grated garlic and sauté for 30 seconds until fragrant.
- Add cauliflower rice and season with salt and pepper.
- Sauté for 5-7 minutes, stirring occasionally, until tender but not mushy.
- Remove from heat and stir in dill, chives, and parsley. Toss well to combine.
- Taste and adjust seasoning if needed. Garnish with extra herbs before serving.
- Serve and enjoy!