

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

MEXICAN CAULIFLOWER RICE

This Mexican inspired Cauliflower Rice uses finely riced cauliflower, which makes a fantastic low-carb, grain-free stand in for rice. Riced cauliflower is so easy to find in the produce section or frozen. Simply sauteed with, onions, tomato paste, and spices, it transforms cauliflower into a flavorful side dish



Mexican Cauliflower Rice

6 servings
15 minutes

Ingredients

- 2 tsps Avocado Oil
- 1 Yellow Onion (chopped)
- 2 Red Bell Pepper (chopped)
- 2 tsps Cumin
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt
- 2 Garlic (clove, minced)
- 6 cups Cauliflower Rice
- 1/4 cup Organic Salsa
- 2 Avocado (sliced)
- 2 Lime

Directions

- 1 In a skillet over medium-low heat, add the oil along with the onion and bell pepper. Cook for 3 to 4 minutes, then add the cumin, chili powder and sea salt along with the garlic and cauliflower rice. Continue cooking for 5 minutes, stirring often to mix, until the cauliflower rice is cooked.
- 2 Add the salsa to the skillet and stir to combine. Serve with sliced avocado on top and a slice of lime. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. The avocado is best sliced when serving.

No Salsa: Use chopped tomatoes instead.

No Chili Powder: Use paprika instead.

More Flavor: Add hot sauce, red pepper flakes or cayenne pepper.

Additional Toppings: Top with cilantro and/or green onions. Add your favorite protein, like shredded chicken, tofu or ground beef.