

# CAULIFLOWER STICKY RICE for SUSHI



## Ingredients:

- 1 medium head cauliflower
- 2 Tbsp olive oil
- 2 Tbsp full fat coconut milk
- 2 Tbsp lemon juice
- 2 Tbsp tapioca flour/starch

## Instructions:

1. Cut off the florets from the cauliflower. Chop the florets in a food processor until it resembles little grains of rice. (Don't try to fit all the cauliflower in the food processor in one go. After each round, empty the chopped cauliflower into a bowl. It usually takes me 3 or 4 rounds to finish the whole head of cauliflower.)
2. Heat the olive oil in a large skillet over medium heat. Add all the cauliflower rice and sauté until soft and slightly translucent – but not mushy! It takes about 5-7 minutes.
3. Take off the heat and immediately add the coconut milk, the lemon juice, and the tapioca flour. Stir well.
4. The cauliflower rice is now ready to use in your favorite sushi recipe. Bta'avon!