

## **CAULIFLOWER A LA TABOULEH**

*(from the Bewitching Kitchen)*

1 head of cauliflower  
1 tablespoon coconut oil (or olive oil)  
salt and pepper  
2 cucumbers, seeded, diced  
2 large tomatoes, diced  
2 tablespoons fresh mint leaves, minced (or 1/2 teaspoon dried mint)  
1/3 cup parsley leaves, minced (or amount to taste)  
2 tablespoons olive oil  
zest and juice 1/2 lemon

Rice the cauliflower florets in a food processor, blender, or grating box. Heat the coconut oil (or other fat of your choice) on a large skillet, preferably non-stick. When the oil is hot, add the riced cauliflower, season lightly with salt and pepper, and move it around for a few minutes. Immediately remove from the heat and transfer to a dish to cool. I like to use a baking dish to get the cauli-rice well spread.

Add the cucumber, tomatoes and parsley to a bowl. Don't be skimping on the amount of parsley, and mince it very well. If using fresh mint, add it to the bowl too.

Make a quick and simple dressing with the olive oil, lemon juice and zest, add salt and pepper, dried mint if using it.

Add the cooled cauliflower rice to the veggies, pour the dressing on top and mix gently. It gets better with a little time in the fridge. Serve at room temperature.