

Karnabahar Pilav?

Healthy cauliflower rice recipe - a low-carb, keto-friendly alternative to traditional rice. Easy Chinese-style fried cauliflower rice with vegetables.

40

HAZIRLIK DK

20

PIRME DK

60

TOPLAM DK

8

PORSIYON

Medium

ZORLUK

Karnabahar Pilav?

Malzemeler

- 1 kg cauliflower
- 1 tbsp sunflower oil
- 2 egg
- 1 cup scallion
- 4 tbsp soy sauce
- 3 clove garlic
- 1 tbsp fresh root ginger
- 2 green pepper
- 1 tbsp granulated sugar
- 1 cup pea
- 1 cup carrot
- 1 cup green bean
- 1 tsp rice vinegar
- 1 tsp roasted sesame oil
- 1 cup peanut
- 3 slice bacon
- 1 tsp salt

Yapılışı

1 Prepare the Cauliflower

Cut 1 kg cauliflower into small florets, removing all leaves and thick stems. Pulse the florets in a food processor until they resemble rice-sized grains, working in batches if necessary.

2 Cook the Base

Heat 1 tablespoon oil in a large wok or heavy-bottomed pan over medium-high heat (180°C/350°F). Add the minced 3 cloves garlic and stir-fry for 30 seconds until fragrant but not browned.

3 Add the cauliflower rice to the pan and stir-fry for 3-4 minutes, stirring frequently, until the cauliflower begins to soften but still has some bite.

4 **Add Liquids and Seasonings**

Push the cauliflower to one side of the pan and add the remaining 4 tablespoons oil to the empty space. Add 1 cup rice, 1 cup broth, and 1 cup water to the oil, stirring to combine.

5 Mix the rice mixture with the cauliflower and add 1 tablespoon tomato paste, 1 teaspoon salt, and 1 teaspoon black pepper. Stir everything together until well combined.

6 **Simmer the Pilaf**

Bring the mixture to a boil, then reduce heat to low and cover the pan. Simmer for 15-18 minutes until the rice is tender and has absorbed most of the liquid.

7 Remove from heat and let stand covered for 5 minutes to allow the rice to finish absorbing any remaining liquid and steam.

8 **Finish and Serve**

Remove the lid and gently fluff the pilaf with a fork, mixing the cauliflower and rice together. Taste and adjust seasoning with additional salt and pepper if needed. Serve immediately while hot.

?puçlar?

Use fresh cauliflower and grate it yourself rather than using pre-packaged cauliflower rice when possible. Fresh cauliflower provides better texture and flavor, and you can control the size of the pieces.

Don't over-process the cauliflower in the food processor. Work in batches and pulse briefly to avoid creating a mushy paste instead of rice-like grains.

Cook cauliflower rice quickly over medium-high heat and remove it from the pan promptly. Extended cooking will make it soggy and lose its appealing texture.

Be mindful of salt when adding soy sauce, as it already contains significant sodium. Taste as you go and adjust seasoning accordingly.

Use minimal oil when cooking to keep the dish healthy. A spray bottle can help control the amount of oil you use throughout the cooking process.

Pat the cauliflower rice dry with paper towels before cooking to remove excess moisture and achieve better texture.

Cook ingredients separately and combine at the end to prevent overcrowding the pan and ensure even cooking of all components.

Let the cauliflower rice sit undisturbed for 30-60 seconds between stirring to allow slight caramelization, which adds extra flavor depth.