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Beastly Broccoli
& Cursed
Cauliflower Rice

Beastly Broccoli & Cursed Cauliflower Rice

INGREDIENTS

- 1 x Broccoli head
- 1 x Cauliflower head
- 1 x Red onion – finely diced
- 1/2 Teaspoon turmeric powder
- 3 x Tablespoon butter
- Sea salt & black pepper
- Olive oil



Beastly Broccoli and Cursed Cauliflower rice.

1. In a large pan, melt 2 tablespoons of butter over a medium heat. Chop up the onion into tiny pieces and cook the onion till it's softened.
2. While waiting for the onion to soften, slice the beastly broccoli and cursed cauliflower heads into quarters removing the thick stems.
3. Using a box grater, grate each of these wicked veggies on the coarse side. Turning it into rice-sized bits. Keep to the same thickness so the bits are all the same size helping them to cook equally.

coarse
side



continue >>



4. Add turmeric to the pan of onions and mix it, and follow by adding the rice and veggie mixture to the pan.

5. Season with salt and pepper and another tablespoon of butter and cook for 5 minutes or until the rice is cooked to your liking. I would suggest that it is soft but also is still a little firm when you bite it.
6. Drizzle with olive oil and you'll have your 'Beastly Broccoli and Cursed Cauliflower', defeated and ready to eat!

