



Spanish Cauliflower “Fried Rice” Blend

Servings

4

Calories

140

Prep Time

5 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

1 (14 ounces) bag Mann’s Cauliflower “Fried Rice” Blend

3 tablespoons canola oil

2 teaspoons garlic, minced

½ cup yellow onion, diced

2 teaspoons fresh oregano, chopped

2 teaspoons cumin, ground

½ cup chicken or vegetable stock

½ cup tomato, diced

1 tablespoon cilantro, chopped

salt and pepper, to taste



The Method

Mix 1 ½ tablespoons of the canola oil with cumin, oregano, paprika, salt. Add Cauliflower “Fried Rice” Blend to seasoning and mix well. Set aside

In medium-size nonstick skillet, warm 1 ½ tablespoons of the canola oil over medium-high heat. Add onions to the pan and sauté for 2-3 minutes. Add garlic and continue to sauté for another minute.

Add Cauliflower “Fried Rice” Blend mixture and chicken or vegetable stock to pan and continue to cook for another 2-3 minutes, stirring the rice occasionally.

Add the tomato and cilantro and sauté an additional 30 seconds. Check seasoning and add more salt and pepper as needed.

Remove from stove and serve in a bowl. Enjoy!



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Nutrition Facts

Serving Size: 169g | Servings: 4

Amount Per Serving

Calories 140 | Total Fat 11g (sat 1g trans 0g) | Cholesterol 0mg | Sodium 650mg | Total Carbohydrate 10g | Dietary Fiber 4g
Sugars 4g (Includes 0g Added Sugars) | Protein 2g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 8%