

# **Saffron Cauliflower Rice**

## **Prep time:**

10 minutes

## **Cooking time:**

5 minutes

## **Yields:**

4 servings

## **Ingredients**

1 head cauliflower,  
2 tablespoons water  
1 teaspoon saffron  
Salt to taste

## **Instructions**

1. **Cut the cauliflower into large pieces:** Cut the head of cauliflower into quarters, then trim out the inner core from each quarter. Break apart the cauliflower into large florets with your hands. If the core is tender, you can chip it into pieces and add it with the florets.
2. **Transfer the cauliflower to a food processor:** Transfer the cauliflower to a food processor. Don't fill the food processor more than 3/4 full; if necessary, process in two batches.
3. **Pulse the cauliflower until completely broken down:** Process the cauliflower in 1-second pulses until it has completely broken down into rice-sized granules.
4. **Pull out any unprocessed pieces:** Some florets or large pieces of cauliflower might remain intact. Pull these out and set them aside. Transfer the cauliflower rice to another container and re-process any large pieces.
5. **Cooking cauliflower rice:** Stir rice, water saffron, and salt together in a skillet over medium heat. Cover the skillet and cook for 5 minutes or until rice yellow. Serve immediately, or refrigerate for up to a week.