

Spicy Fried Cauliflower (Whole 30)

Ingredients:

- 1 Cauliflower head, grated into “rice” over the coarse side of a grater.
- 1 Onion, finely chopped.
- 2-3 cloves of Garlic, minced.
- 2 tbsp chopped Parsley.
- 1 tbsp Chili Flakes.
- Salt and crushed Black Pepper.
- 3 tbsp extra virgin Olive Oil.

Instructions:

Heat the olive oil in a large frying pan.

Add onions, garlic and parsley and fry for a few minutes until the onions starts to get translucent.

Then add the riced cauliflower and let fry for another five minutes or so, stirring every once in a while so the cauliflower and onions get evenly mixed.

Towards the end, add the chili flakes (Edit: start with just a small amount, taste it and then add more if needed until you have a level of heat that you prefer! You don't want this too hot, it should have a pleasant heat to it...) and then salt and pepper to taste.

Serve as a side dish, eat and enjoy!