

Spicy Cauliflower Cous Cous

Makes: 6 side dishes

Ingredients

1 Medium Cauliflower
1 Onion
1 Clove Garlic
100g Sundried tomato's
1 tsp Harissa
1 Carrot
Salt & Pepper



Instructions

Cut the outer leaves off the cauliflower and break into small florets. Using a food processor with a chopping blade pulse the florets until finely chopped and place in a bowl.

Finely chop the onion and garlic, add the oil to a pan and cook the onion and garlic for 2 minutes. To the onions and garlic add the tsp of Harissa and cook for a further 3 minutes.

Add the cauliflower to the pan and mix well so that the cauliflower and onion mix are combined. Add a tsp of water and place the lid on the pan for 5 minutes (The steam will cook the cauliflower but keep an eye on the pan as you don't want to over-cook).

Grate the carrot and chop the sundried tomatoes then add these to the cauliflower and mix well again to combine.

Season with salt and pepper and taste, this can be served hot or cold.

Nutrition information:

Each Serving: Side dish

Kcal	75.5
Fat	2.7g
Net Carbs	7g
Protein	2.7g