

Low-Carb, So Simple: Yellow Cauliflower Couscous

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 12.7 g, Fiber: 5.2 g, **Net carbs: 7.5 g**,

Protein: 4.6 g, Fat: 23.3 g, Calories: 268 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

1 pound cauliflower (450 g)

3 tbsp butter or [ghee](#) (45 g/ 1.6 oz)

1 teaspoon curry powder

1/2 tsp [turmeric powder](#)

1 tsp onion powder

salt to taste

Optional: freshly chopped herbs such as parsley, cilantro or basil

Note: Recipe makes up to 4 side servings at 3.9 g net carbs per serving.

Instructions

1. Chop the cauliflower into equal-sized chunks and process in a food processor until the texture resembles couscous. You can find out [how to do it here](#). *When I took photos for this recipe, I tripled the batch.*
2. Heat a skillet over medium heat. Add the butter and let melt. Add the curry powder, turmeric and the onion powder and heat, constantly mixing for 1 minute.
3. Add the cauliflower and cook for 2 minutes, constantly mixing, until the cauliflower is completely coated with the buttery spices. Cover the skillet and let simmer for 5 minutes, or until the cauliflower is crisp tender. Don't let the cauliflower get too soft. If the cauliflower starts to get brown color, add a tablespoon or two water and mix properly.
4. Season with salt. Stir properly. If you use herbs, sprinkle them on top. Serve immediately.

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