

# Keto Ginger Pork Cauliflower Rice Bowl

Hands-on 20-25 minutes Overall 20-25 minutes

**Nutritional values (per serving, about 285 g/ 10 oz):** Total carbs: 12.3 g, Fiber: 3.6 g,

**Net carbs: 8.7 g,** Protein: 31.5 g, Fat: 29.4 g, Calories: 428 kcal,

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



## Ingredients (makes 3 servings)

- 400 g cauliflower florets, riced (14.1 oz)
- 2 tbsp [ghee](#) or virgin avocado oil (30 ml)
- good pinch of sea salt and ground black pepper
- 400 g ground pork, 10% fat (14.1 oz)
- 2 cloves garlic, minced
- 1 medium mild chile pepper, finely chopped (14 g/ 0.5 oz)
- 3 tbsp grated fresh ginger (18 g/ 0.6 oz)
- 3 tbsp lime juice, divided (45 ml)
- 2 tbsp [coconut aminos](#) or tamari sauce (30 ml)
- 1/4 cup chopped cilantro or parsley (15 g/ 0.5 oz)
- 1/2 medium cucumber (85 g/ 3 oz)
- 2 tbsp chopped mint
- 1 medium green onions, thinly sliced (15 g/ 0.5 oz)
- 3 tbsp [extra virgin olive oil](#) to drizzle (45 ml) - *skip if using 20% fat pork*

## Instructions

1. Blitz the cauliflower florets in a food processor using the 'S' blade or the grating blade until they resemble a rice consistency.
2. Add ghee or avocado oil to a non stick frying pan or cast iron skillet. Fry the cauliflower rice for 6 to 7 minutes on a medium heat until al dente. Season to taste with salt and pepper. Transfer to a bowl and set aside. Keep warm.
3. To the skillet where you cooked the cauliflower add the ground pork. Fry for 6 to 7 minutes on a medium heat until cooked through.
4. Add the minced garlic, chopped mild chile pepper and grated ginger. Cook for 1 further minute to let the flavours absorb. Remove from the heat and toss with 2 tablespoons of lime juice and 1 tablespoon coconut aminos. Stir in the cilantro (or use parsley).
5. Place the remaining 1 tablespoon lime juice and 1 tablespoon

coconut aminos in a bowl and mix.

6. Shave the cucumber into ribbons using a julienne peeler or chop into small chunks. Toss the lime aminos mix through the cucumber and stir through the coriander and mint. (Note: I prefer to use coconut aminos over tamari sauce as it's naturally a little sweeter. Tamari sauce is more salty so you may wish to add a pinch of low-carb sweetener if using tamari sauce.)
7. Serve with ground pork over cauliflower rice and sprinkle with chopped green onion and chopped mint. Drizzle with extra virgin olive oil — or skip if you use higher fat 20% ground pork.
8. Store in the fridge in a container for up to 2 days, or for up to 4 days without the cucumber.

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