

# Low-Carb Mediterranean Cauliflower Couscous

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 8.6 g, Fiber: 3.2 g, **Net carbs: 5.4 g,**

Protein: 4.1 g, Fat: 11.7 g, Calories: 145 kcal,

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



## Ingredients (makes 6 servings)

- 1/2 medium head cauliflower (600 g/ 1.3 lb)
- 3 tbsp [extra virgin olive oil](#) (45 ml)
- 1 garlic clove, minced
- 1 tsp [sea salt](#)
- 50 g dark leaf kale, about 3-4 leaves, stalk removed (1.8 oz)
- 50 g sun-dried tomatoes, drained (1.8 oz)
- 60 g mixed olives (2.1 oz)
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- 1 tbsp fresh lemon juice (15 ml)
- 1/3 cup crumbled feta, to serve (50 g/ 1.8 oz)
- ribbioned fresh basil or spinach to serve

*Optional:* extra salt and pepper to taste

*This recipe makes 6 servings (served as side dishes), or 3 regular servings (served as main dish).*

## Instructions

1. Roughly chop the cauliflower or break into florets and add to a [food processor](#). Pulse until the cauliflower is finely chopped, resembling couscous.
2. De-stem the kale and cut it into thin ribbons.
3. Add the oil to the fry pan over medium heat. Add the garlic and kale, and cook, stirring, two minutes. Add the cauliflower and salt and stir to coat.
4. After a minute or two, add the remaining ingredients and cook stirring for around 2 to 3 minutes. Remove from heat, and stir through lemon juice.
5. Serve topped with crumbled feta and fresh basil or spinach. Lasts up to a week in sealed container in the fridge (keep feta separate and add when serving).

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