

Low-Carb One-Pot Mexican Cauliflower Rice

Hands-on 15 minutes Overall 30-35 minutes



Nutritional values (per serving, about 1 cup): Total carbs: 11.1 g, Fiber: 4.5 g,

Net carbs: 6.7 g, Protein: 9.1 g, Fat: 16.8 g, Calories: 223 kcal,

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

Ingredients (makes 6 side servings)

- 1 medium cauliflower, cut into florets (720 g/ 1.6 lb)
- 1/4 cup [ghee](#) or butter (60 ml/ 2 fl oz)
- 1/2 small brown onion (35 g/ 1.2 oz)
- 200 g Mexican chorizo, finely cubed (7.1 oz)
- 2 garlic cloves, minced
- 1 1/2 tbsp [tomato puree](#) (23 g/ 0.8 oz)
- 1 tin chopped tomatoes (400 g/ 14.1 oz)
- 1/4 tsp chipotle flakes, or to taste
- 1 cup chicken or vegetable stock (240 ml/ 8 fl oz)
- 1/4 tsp sea salt, or to taste
- 1/4 tsp cracked black pepper
- bunch of fresh cilantro (20 g/ 0.7 oz)
- juice of 1 small lime (30 ml), or to taste

7. Adjust the seasoning to taste and serve. Store in the fridge for up to 4 days.

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Instructions

1. Blitz the cauliflower florets in a food processor until they resemble a rice sized consistency. Grating blade works best as it will most resemble real rice.
2. Place the butter, ghee or coconut oil in a pan. Add the onions and sauté for 2 minutes on a medium heat until soft.
3. Add the chorizo and fry for a further 5 minutes until the chorizo begins to realise all its lovely oil and flavour. Stir through the garlic.
4. Add the tomato puree, chopped tomatoes, chipotle flakes and season. Simmer on a medium heat for about 5 minutes until the sauce starts to thicken.
5. Add the cauliflower rice and stir until combined. Add the stock and simmer on a medium heat for about 15 minutes until nearly all the stock has absorbed.
6. Remove from the heat and stir through the lime juice and fresh cilantro.