

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

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.

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

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