

Low-Carb Spiced Cauli-Rice with Sardines

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving, about 1 1/2 cups rice + 85 g/3 oz sardines):

Total carbs: 15.1 g, Fiber: 5.4 g, **Net carbs: 9.6 g**, Protein: 25.7 g, Fat: 31.3 g,

Calories: 433 kcal,

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



Ingredients (makes 4 servings)

- 1 medium cauliflower, cut into florets (600 g/ 1.3 lb)
- 6 tbsp extra virgin olive oil, divided (90 ml/ 3 fl oz)
- 1/2 medium red bell pepper, diced (60 g/ 2.1 oz)
- 1/2 medium green bell pepper, diced (60 g/ 2.1 oz)
- 1/2 small red onion, diced (30 g/ 1.1 oz)
- 1/2 tsp garlic powder
- 2 tsp smoked *or* sweet paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/4 tsp chilli powder
- sea salt and black pepper, to taste
- 1 cup tomato sauce/passata (240 ml/ 8 fl oz)
- 1/4 cup chicken stock *or* water (60 ml/ 2 fl oz)
- 2 tbsp fresh cilantro, chopped
- Optional:* 1 fresh red chilli pepper, thinly sliced
- 2 tbsp fresh 1 lime juice (30 ml)
- 340 g canned sardines in olive oil or spring water, drained (12 oz)

6. When finished cooking stir through half of the chopped cilantro and divide rice between 4 serving dishes.
7. Serve topped with a scattering of sardines (85 g/3 oz) per serving, fresh lime wedges, sliced chilli and coriander leaves. Drizzle with the remaining olive oil. To store, refrigerate for up to 3 days.

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Instructions

1. Break the cauliflower into small florets.
2. Place the florets into a food processor and pulse until cauliflower resembles rice. You can use the S blade or a grating blade.
3. Heat 2 tablespoons (30 ml) of the oil in a large skillet, add diced capsicums and onion. Sauté until softened. Stir through the dried herbs and sauté until fragrant.
4. Add the tomato puree and chicken stock to the skillet. Bring to the boil.
5. Lower heat and add the cauliflower rice to skillet, stir to ensure well incorporated. Continue to stir over a low heat until cauliflower is just cooked. Adjust seasoning to taste.