

RAW TURKISH CAULIFLOWER—COCONUT RICE



INGREDIENTS

- 1 medium head cauliflower (3–4 cups riced)
- ½ cup fresh grated coconut
- ¼ cup red bell pepper, finely diced
- ¼ cup carrot, shredded
- ¼ cup cucumber, finely diced
- ¼ cup cherry tomatoes, chopped
- 3 tbsp dried cranberries or chopped dried apricots (soaked, drained)
- 2 tbsp raisins or currants
- 3 tbsp parsley, chopped
- 1 tbsp fresh mint
- 2 tbsp soaked almonds or sunflower seeds

SPICED DRESSING

- 3 tbsp olive oil or melted coconut oil
- 2 tbsp tahini
- Juice of 1 lemon
- 1 tsp lemon zest
- 1 small garlic clove
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp cinnamon
- ½ tsp paprika
- ½ tsp sea salt
- Pinch black pepper

INSTRUCTIONS

1. Pulse cauliflower into a rice texture (don't over-process).
2. In a bowl, combine cauliflower, coconut, vegetables, dried fruits, herbs, and nuts.
3. Blend dressing ingredients until smooth and creamy.
4. Toss dressing with mixture and massage lightly.
5. Let sit 10–15 minutes for flavors to develop.
6. Serve chilled or at room temperature.

CHEF NOTES

Balance of sweet (cranberries/apricots), spice (cinnamon, cumin), and fresh herbs creates a Turkish-inspired flavor.

Top with pomegranate seeds and microgreens.

Optional: add a drizzle of pomegranate molasses for depth.

**** if possible use all organic ingredients...is best! ****

CAULIFLOWER RICE

