



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

TACO CAULIFLOWER

Time: 20 minutes

Serves: 4

Ingredients:

400g lean ground beef
8g taco seasoning (see recipe elsewhere on site)
5g kosher salt
500g cauliflower - grated
120g cheddar cheese - grated
2 tomatoes - seeded and diced
4 green onions – sliced

Preparation:

Place the beef, taco seasoning and salt in a frying pan on medium-high heat. Cook, crumbling apart until well browned. Remove from heat.

Place the cauliflower in a covered casserole dish and microwave on high for five minutes or until tender.

Plate the cauliflower rice topped with the beef, cheese, tomato and green onion.

Serve immediately.

Nutritional Information Per Serving:

Calories: 424
Fat: 29g
Carbs: 11g
Fibre: 4g
Protein: 32g