

Minted Cauliflower Rice Pilaf with Toasted Walnuts

Instead of using a box grater or the grating blade of your food processor to turn cauliflower florets into cauliflower “rice,” use the KitchenAid® Food Grinder attachment to make the task easy and quick. This dish is a crowd-pleasing vegetable side for pan-roasted spiced halibut or grilled lamb chops, or enjoy it on its own for a light and healthy meal.

PREP TIME: 20 minutes

COOK TIME: 10 minutes

TOTAL TIME: 30 minutes

Yield: Serves 6 to 8

SPECIAL EQUIPMENT: KitchenAid® Food Grinder attachment with the coarse grinder plate; KitchenAid® Stand Mixer; Large sauté pan; Slotted spoon

INGREDIENTS:

1 large head cauliflower (3 pounds/1.33kg), leaves and core removed, florets cut into 1-in/2.5 cm pieces

Juice of 1 lemon (2 tablespoons/30ml)

4 tablespoons (56g) unsalted butter

1/2 cup (56g) walnuts, roughly chopped

2 teaspoons (2g) ground coriander

2 teaspoons (2g) cumin

2 teaspoons (12g) fine sea salt

4 (88 g) scallions, including green tops, thinly sliced

1/2 cup (17g) finely chopped fresh mint leaves

INSTRUCTIONS:

Attach the KitchenAid® Food Grinder Attachment with the coarse grinding plate to your KitchenAid® Stand Mixer. Place the bowl of the stand mixer under the grinder to catch the cauliflower rice. Place the florets in the large food tray. Turn the mixer to speed 4 and feed the florets through the grinder pushing them down using the Food pusher. Stir in the lemon juice and set aside. (At this point the cauliflower can be stored in an airtight container in the refrigerator for a few hours or overnight until you are ready to proceed.)

In a large sauté pan, melt the butter over medium heat. Add the walnuts and sauté, stirring frequently, until golden brown and fragrant, about 2 minutes. Remove the pan from the heat. Using a slotted spoon, transfer the walnuts to a small plate. Keep the browned butter in the pan.

Return the pan to the heat and add the ground coriander, cumin, and salt. Sauté until the spices are fragrant, about 1 minute. Add the cauliflower rice and sauté, stirring frequently, until heated through and well coated with the butter mixture, 3 to 4 minutes. Stir in the green onions and sauté, stirring frequently, 2 minutes longer.

Add the chopped mint and walnuts. Sauté, stirring gently, until the pilaf is well blended, about 1 minute. Remove from the heat. Serve immediately.

CHEF'S NOTES:

Just as a rice pilaf has many variations, this cauliflower rice pilaf lends itself to colorful additions. Consider mixing in fresh pomegranate seeds when the pilaf is removed from the heat, just before serving. Dried fruits such as chopped apricots, currants, golden raisins, or even unsweetened dried cranberries, soaked in hot water to plump for 20 minutes and then drained, would make lovely additions to the pilaf.

MAKES 8 SERVINGS

Nutrition - 1 Serving

Calories 135 Fat 4g	Carbs 9g Protein 4g Sugars 3g Dietary Fiber 4g	Cholesterol 15 mg Sodium 618 mg
------------------------	---	------------------------------------