

In the Kitchen with **Fast Ed**



Microwave Cauliflower Rice Tabouleh

Preparation time: 6 minutes | Cooking time: 2 minutes | Serves: 4

3 cups cauliflower
2 bunches parsley, finely chopped
2 cup purple kale, finely shredded

4 tomatoes, seeded and diced
Segments of 2 oranges, diced
Honey-mustard dressing, to serve

- 1 Finely chop the cauliflower, then place in the **Microwave™ Rice Cooker 2.75L** with 2 tbsp water and a sprinkle of salt. Fit the lid with the vent open, then cook on high (900W) for 2 minutes.
- 2 Remove the lid, stir well, then cook for a further 30 seconds. Set aside with the lid on for 3 minutes, then drain and refresh under cold running water. Gently mix in the parsley, kale and tomatoes, then add the oranges and stir lightly. Drizzle with honey-mustard dressing to serve.

Fast Eds Note: Store leftovers in the **Microwave™ Rice Cooker** with lid on and lid vent closed. It can be put into the freezer or fridge.

