

# Cauliflower & Broccoli Rice

A low-calorie, liver-friendly alternative to rice — light on digestion, easy to make, and surprisingly satisfying.

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## INGREDIENTS — 1 SERVING

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½ cup grated cauliflower

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½ cup grated broccoli (florets only, no thick stems)

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1 tsp olive oil or ghee

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1-2 cloves garlic (finely chopped)

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Pinch of turmeric

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Pinch of black pepper

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Salt to taste

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Optional: squeeze of lemon

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## METHOD

- 1 Wash and dry the cauliflower and broccoli well.
  - 2 Grate or pulse in a mixer to get a rice-like texture. Do not over-blend.
  - 3 Heat oil or ghee in a pan on low flame.
  - 4 Add garlic and sauté lightly — do not let it brown too much.
  - 5 Add the grated vegetables and stir to combine.
  - 6 Cook on medium-low for 5-7 minutes, stirring occasionally.
  - 7 Add turmeric, salt, and black pepper.
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- 8 Cook until soft but not mushy.
- 9 Finish with a squeeze of lemon if using. Serve warm.

CALORIES ~60 kcal per bowl	COOK TIME 10-12 minutes	SERVES 1
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#### OPTIONAL ADD-ON

### Make It Pulao Style

Add small amounts of mushrooms, beans, carrots, or peas to turn this into a more filling meal. Lightly sauté them first, then mix into the rice.

#### COOKING TIPS

### Things to Keep in Mind

- Keep it slightly undercooked — better texture and less smell
- Do not cover while cooking — this avoids soginess
- Add fresh coriander or parsley at the end for extra flavour

#### WHY IT WORKS

### What's in It for You

- **Very low calorie** — approximately 60 kcal per bowl, a great rice substitute
- **Cauliflower & broccoli** — cruciferous vegetables rich in sulphur compounds that actively support liver detoxification
- **Turmeric & black pepper** — anti-inflammatory combination; pepper enhances turmeric absorption significantly

→ **Garlic** — supports liver enzymes and has natural antimicrobial properties

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→ **Light on digestion** — easy on the gut and suitable for those managing inflammation