

Dirty Cauli Rice

Serves 5-6

3/4 lb ground pork
1/ lb chicken livers, chopped into small pieces
2 tbsp avocado oil or other fat, divided
1 large onion, chopped
2 stalks celery, chopped
1 tsp garlic powder
1 tsp dried oregano
1 tsp dried thyme
1 large cauliflower, riced
2 cups chicken broth
generous pinch sea salt
2 large spring onions, sliced
1 cup chopped flat leaf parsley



Heat 1 tablespoon of the oil in a large sauté pan and cook the onion for 5–6 minutes until softened. Add the celery and cook a further 4 minutes.

Heat a frying pan and add the remaining oil. Fry the pork for 4–5 minutes until lightly browned. Add the livers and cook a further 5 minutes.

Stir the garlic, oregano and thyme into the onions and cook for 2 minutes. Add the cauli rice and broth and combine well. Turn the heat to medium and cook for around 8 minutes, stirring occasionally, until the cauli rice is tender and the broth has almost evaporated.

Transfer the pork and chicken livers into the cauli mixture and thoroughly combine.

Remove from the heat, stir in the spring onions and parsley and serve immediately.