



## Cauliflower paella

Based on a recipe by wholesomelyum, this is delicious and filling. Serves 6. Per serve: Cal 214; Fat: 6.3g; Pro: 28.8g; Carbs: 8.2g

**Serves: 6, Prep time: 00:20, Cook time: 00:15**

### Instructions

1. Place cauliflower florets into a food processor or blender. Pulse for about 10-20 seconds until cauliflower resembles a rice texture. Do not over pulse, or it will become mushy. Set aside.
2. Dice onion and garlic. Slice chorizo and cut fish into bite sized pieces. Dice capsicum
3. Heat a large frypan over medium heat. Add 1 tbsp oil, then saute garlic and onion for 3-4 minutes. Then add the chorizo and the fish fillets and cook for 4-5 minutes.
4. Add the green and red capsicum and cauliflower rice. Continue to saute for 5-6 minutes, consistently stirring.
5. Drain the liquid from tomatoes and add tomatoes, paprika, salt and prawns.
6. Place chicken stock, half of lemon juice, and tomato paste into the frypan. Increase heat to medium high and bring to a quick boil. Reduce the heat to a simmer while the shrimp cooks. Continue to stir and cook for another 8-10 minutes.&nbsp;
7. Add the last 2 tbsp lemon juice and parsley for garnish. Serve warm.

### Ingredients

- 1 Cauliflower, medium
- 1 tablespoon Extra virgin olive oil
- 1 Onion
- 3 Garlic, cloves
- 0.5 Capsicum, Red, raw
- 0.5 Capsicum, Green, raw
- 100 grams Chorizo, Salash/Freedom farm
- 200 grams Firm white fish, such as lemon
- 400 grams Diced canned tomatoes
- 1 teaspoon Smoked paprika
- 1 teaspoon Salt, Himalayan
- 400 grams Prawns
- 1 cups Campbell's Real Chicken stock
- 4 tablespoon Lemon juice
- 1 tablespoon Tomato, paste, canned
- 3 tablespoon Parsley, raw