




SPICED CAULIFLOWER RICE WITH GARLIC DORY FISH

Serving Size: 3 Preparation Time: 35 minutes





INGREDIENTS

Garlic Dory Fish

- 1 dory fillet
- 2 cloves garlic, finely minced
- 1 small chilli padi
- 1 tbsp lemon juice
- 1 tbsp dried parsley flakes
- ¼ tsp black pepper
- HCS lower-sodium salt to taste 
- 1 tsp HCS sesame oil 
- 3 tbsp HCS olive oil 

Spiced Cauliflower Rice

- 3 cups cauliflower rice
- 2 whole eggs
- 4-6 unsalted cashew nuts, sliced or chopped
- 1 tsp garlic, finely minced
- ½ medium red onion, finely chopped
- 1 small red capsicum, finely chopped
- 3 tbsp HCS oil 
- ¼ tsp turmeric powder
- 1 tbsp curry powder
- 1 tsp chilli powder
- HCS lower-sodium salt to taste 
- mint leaves to garnish
- coriander leaves to garnish
- ½ lime to garnish



Healthier Choice Symbol (HCS)

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METHOD

Garlic Dory

- 1) Pat dory fillet dry with kitchen towel.
- 2) Marinate dory fillet with lemon juice, black pepper, parsley, chilli padi, salt, olive oil and sesame oil.
- 3) Add olive oil to a pan. Add dory fillet and sear till golden-brown on both sides. Once done, set aside.

Spiced Cauliflower Rice

- 1) Add olive oil to a pan, add eggs and fry till scrambled. Once done, set aside.
- 2) Add olive oil to a pan. Add onion, garlic, capsicum and cook till soft.
- 3) Add turmeric powder, curry powder and chilli powder.
- 4) Add cauliflower rice and salt.
- 5) Add cooked eggs and mix well.
- 6) Turn off the heat, add cashews and mix well. Garnish with mint leaves, coriander leaves and lime. Serve with dory fillet.