Mushroom Cauliflower Rice

I hesitate to call this dish "rice" because it's not rice. Cauliflower is not rice. But I've tried this dish a few different ways, and the best version is the one in which the cauliflower is "riced," so that's what I'll call it. But I am still firmly in the "cauliflower is not rice" camp, in case anyone wants to know.

Now that that's out of the way, let's talk about all the good things in this dish. Cauliflower, of course. And lots of browned mushrooms, that are sautéed with onions and garlic in a hefty dose of Ava Jane's Kitchen Avocado Oil. There's fresh greens, and a crazy good seasoning blend — Sayulita Steak and Veg. It's nothing but veggies, but you won't think that when you taste it, it's just that good.

For your cauliflower, you can either put a head of cauliflower in a food processor and pulse until finely chopped, or you can buy a bag of pre-riced cauliflower. Use whatever mushrooms you like, or a mix.

This would be amazing with a big juicy steak, or you could stuff it in bell peppers if you want even more veggies. It's Paleo, vegan, and keto friendly, so it covers all your bases if you're having a dinner party and wondering what to serve. Oh, and did I mention that for not being rice, it's super, extra, over top delicious? Well, it is.

Mushroom Cauliflower Rice
Serves 4
Prep time: 30 minutes

3 tablespoons Ava Jane's Kitchen Avocado Oil
1 small onion, diced
3 cloves garlic, minced
3 cups sliced mushrooms
4 cups riced cauliflower
2 teaspoons Sayulita Steak and Veg seasoning
1/2 cup vegetable broth
4 cups baby greens
Juice of 1 lemon
Colima Sea Salt, for serving

Directions:

Heat a large, deep skillet over medium high heat. Add the avocado oil, then add the onion and cook until soft.
Add the garlic and mushrooms and cook until mushrooms are well browned. Add the cauliflower and seasoning and stir.
Cook until cauliflower is tender and lightly browned and add the broth and spinach. Stir until spinach is wilted and add the lemon juice.
Sprinkle with Colima Sea Salt and serve.