

# Vegan Grain-Free Gluten-Free Cauliflower-Carrot Golden Couscous



Source: DomesticateMe, Better Vegan

Category: Vegan Entrees & Sides

Prep Time: 15 min Cook time: 5 min Total Time: 10 min Serves 6

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## Ingredients:

- 1 cup roughly chopped carrots
- 1 medium head cauliflower, florets only
- 1 Tbsp. coconut oil
- 2 tsp. ground turmeric
- ¼ tsp. cayenne pepper
- ¼ tsp. ground cumin
- Pink Himalayan salt
- Black pepper
- Juice of 1 lemon (about 2 Tbsp.)
- ¾ cup chopped Italian parsley leaves
- ½ cup golden raisins (optional)
- ½ cup pine nuts
- Lemon wedges for serving (optional)

Recipe Link:

<https://www.betterveganrecipes.com/cauliflower-carrot-golden-couscous>

## Instructions:

1. Prepare the ingredients.
2. Add the carrots to the bowl of a food processor. Pulse until they're finely chopped and take on the texture of couscous. Transfer to a large bowl and briefly set aside.
3. Add one third of the cauliflower florets to the bowl of a food processor. Pulse until the florets become coarse granules that resemble couscous. (Be careful not to over process). Transfer the cauliflower couscous to the bowl with the carrots. Repeat this process twice more until all of the cauliflower has been processed. (You should have about 6 cups of cauliflower-carrot couscous.)
4. Heat oil in a large skillet over medium heat. When hot, add the cauliflower and carrot rice, turmeric, cayenne, cumin, a good pinch of salt and a generous pinch of black pepper. Cook for 2-3 minutes until the rice is just tender. Turn off the heat and stir in the lemon juice.
5. Fold in the parsley, raisins and pine nuts. Taste and season with a little extra salt and pepper if needed. Serve warm, room temperature, or chilled with extra lemon wedges if you like.

Equipment needed:

Food processor

Serving suggestion:

Pairs well with Mediterranean-style roasted vegetables or green salad.