

# Mango Curry Rice



## Ingredients

2 cups of riced cauliflower  
2 T diced red pepper  
2 T diced green onion  
1 IP Mango smoothie  
1 – 2 tsp curry powder  
1/4 tsp each of salt pepper, garlic and ginger  
2 cups Palmini rice

Such a filling side dish or use as a meal. The combination of cauliflower and Palmini covered with the Mango sauce make this dish similar in texture to rice.

## Instructions

Mix the IP smoothie with 1 cup unsweetened almond milk, blend in bullet. Rinse and boil Palmini Rice, drain and set to the side.

Rice 2 cups of cauliflower in your food processor. Dice 2 Tbps of red pepper and green onion.

Heat oil in a non-stick pan. Saute riced cauliflower and diced red pepper. Add in cooked Palmini rice, saute for another 2 – 3 minutes until vegetables are almost done.

Stir spice mix into rice.

When vegetables are almost done, turn down heat and add in Mango smoothie and green onions.

Simmer on low heat until sauce is at desired thickness and vegetables are done.

Makes 2 – 2 cup servings.

