



False cous-cous of cauliflower



Ingredients: (For 2 Persons)

½ Medium Cauliflower
1 Garlic glove
½ Onion
1 Green onion
1 piece of leek
1 Big carrot (optional)
12 Dried apricots
Olive oil
A handful of dry raisins
A handful of almonds
1 Tablespoon of Ras el Hanout
Salt & Pepper

How to prepare:

First a very important thing: wash all the veggies.
After that, we are going to prepare everything to do the dish (in french this is call "mis en place").

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Cut the cauliflower in small pieces and with the help of a food processor, chop until the cauliflower becomes practically powder (looks like a cous-cous). Reserve. Peel and chop garlic, onion, green onion, leek and carrot. Reserve. Cut the dried apricots in small pieces. Reserve.

Heat a pan with a little bit of olive oil and sauté the carrots until they become tender. Don't forget to add some salt to the carrots.

Bring up the heat and add garlic, onion, green onion and leek and let them cook for 5 minutes. Add the cauliflower cous-cous and cook again during 5 more minutes. Add the dried apricots, dried raisin, almonds and the Ras el Hanout. Remove a little bit and add salt and pepper to your taste. And... that's it!

It is a simple plate with an amazing taste. If you don't know how it is prepared, you would never know that it is not real cous-cous!. ☺

Rafa

