

HEALTHY COOKING

▶ LOW CARB NASI LEMAK



In a medium pot over a medium heat, stir together coconut milk, water, ground ginger, ginger root, salt, and cauliflower. Cover, and bring to a boil. Reduce heat, and simmer for 5-10 minutes, or until all liquids have absorbed.

In a hot pan add the oil, anchovies, garlic and shallots, cook until heated through and browned. Add the sambal olek and stir until heated through (1-2 minutes).

Divide the cauliflower rice mixture on to two plates, top with cucumber, egg, peanuts and sauce.

Each serving:

Protein: 17.0g | Carbohydrate: 9.0g | Butter/Oil: 7.5ml

SERVES 2

INGREDIENTS

For the cauliflower 'rice'

- ▶ ½cup coconut milk
- ▶ ½cup water
- ▶ ½tsp ground ginger
- ▶ 2cm piece of ginger, grated
- ▶ 2 cups cauliflower, grated
- ▶ Pinch of salt

For the sauce

- ▶ 1 Tbs sesame or peanut oil
- ▶ 50g anchovies
- ▶ 2 cloves of garlic, thinly sliced
- ▶ 2 shallots, thinly sliced
- ▶ 2 tsp sambal olek (find this recipe on our website)

For the garnish

- ▶ 2 eggs, hard boiled and quartered
- ▶ ½cucumber, sliced into rounds
- ▶ ½cup peanuts, dry fried until browned

NEW IMAGE