## The Independent SCHOOL FOOD PLAN



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Number of portions this recipe makes: 12 primary servings (120g) 8 secondary servings (180g)



Prep: 5 minutes Cook: 25 minutes



Allergy information: None



*Top Tips* Add chilli to make it spicy. **CAULIFLOWER RICE** 

Vegetable Accompaniment: Vegetable accompaniment, this recipe provides a portion of vegetables and counts towards meeting the standards to provide a portion of vegetables as an accompaniment for each pupil at lunch.

Recipe adapted from: Bidvest 3663 Food Development team

## Ingredients

1400g (2) cauliflower, trimmed (trimmed weight 630g) 2 tbsp olive oil 6g (2tsp) paprika, ground 2 cardamom seeds 4 cloves 6g (2tsp) cumin, ground 3tsp (18g) reduced salt vegetable bouillon 750ml water 15g fresh marjoram, chopped

**Government Buying Standards for Food & Catering Services** Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and stock preparations with a salt content less than 0.6g/100ml as consumed.



## **Method**

- 1. Place the cauliflower florets in a blender and pulse until it resembles rice.
- 2. Heat the oil in a saucepan. Add the paprika, cardamom seeds, cloves and cumin and stir through for 2 minutes.
- 3. Add the cauliflower and stir again.
- 4. Prepare the stock and add to the cauliflower mixture. Allow to simmer for 4-5 minutes.
- 5. When the stock is absorbed, and just before serving, stir the marjoram through the rice.

Serving suggestion: with sweet and sour pork or tandoori-marinated chicken



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

Public Health England

WHAT WORKS WELL