Paella with Cauliflower and Spices

Method

- Beat the cauliflower in a food processor, until it is ground and looks like kernels of rice.
- Place a wok or a deep pan over medium heat and add the olive oil.
- Finely chop the onion and garlic. Add them to the pan and sauté.
- Thinly slice the finocchio and the red peppers. Add them to the pan.
- Add the paprika, turmeric and cumin.
- Stir to combine all of the ingredients.
- Add the cauliflower, water, bouillon cube and saffron. Add them to the pan.
- Stir the combine all of the ingredients.
- Add the paprika, turmeric and cumin. Stir with a wooden spoon.
- Lower heat, cover wok with lid and simmer for 10-15 minutes, until the vegetables soften and the water is absorbed.
- When ready, remove lid and add the peas.
- Stir and cook for 3-4 minutes, until the peas soften.
- When ready, remove from heat.
- Add the lemon juice, coriander and cherry tomatoes.
- Check seasoning and serve.

Ingredients

- 1/2 cauliflower, cut into florets
- 2 teaspoon(s) olive oil
- 1 onion
- 2 clove(s) of garlic
- 1 fennel bulb
- 2 red bell peppers
- 2 teaspoon(s) paprika, smoked
- 1 teaspoon(s) turmeric
- 1 teaspoon(s) cumin
- 500 g water
- 1 vegetable bouillon cube
- 1 pinch saffron
- 200 g peas
- lime juice, of 1 lemon
- 1/2 bunch coriander leaves
- 8 cherry tomatoes

Nutrition information per portion

<table>
<thead>
<tr>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
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<tbody>
<tr>
<td>135</td>
<td>3.6</td>
<td>0.82</td>
<td>15.5</td>
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<td>5%</td>
<td>4%</td>
<td>6%</td>
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<table>
<thead>
<tr>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
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</thead>
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<td>7.0</td>
<td>0.26</td>
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<td>12%</td>
<td>28%</td>
<td>4%</td>
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