

## Delicious Keto Cauliflower Couscous

### Description

*I enjoy couscous every time.*

**Prep time:** Ten minutes

**Total time:** Fifteen minutes

**Servings:** 2

### Ingredients

1 pound of cauliflower (450 g)

2 tablespoons of extra virgin olive oil (1.6 oz)

1 teaspoon of curry powder

1/2 teaspoon of turmeric powder

1 teaspoon of onion powder

A pinch of salt to taste

If desired: freshly chopped herbs such as cilantro, parsley, or basil

### Instructions

1. Break the cauliflower into small chunks and then blend in the food processor until it has a couscous like texture. Place a skillet over medium heat and then add in the olive oil. Add in the turmeric, curry powder, and onion powder and heat for about one minute.
2. Next, add in the cauliflower and cook for an additional two minutes while stirring frequently until it is coated. Then cover the skillet and let it cook until cauliflower is tender and crisp, about five minutes.
3. Season with salt and stir to combine. Add in the herbs and serve.