

Easy Riced Broccoli

Description

This meal is a great way to add vegetables to your meal.

Prep time: five minutes

Cook time: three minutes

Total time: eight minutes

Servings: 4 people

Ingredients

- 4 cups of riced broccoli (Pulse 2 heads of broccoli into rice-grain size)
- 1 tablespoon of ghee or avocado oil
- 1 tablespoon of finely chopped garlic
- 1 tablespoon of Coconut amino
- 1.5 teaspoon of Toasted sesame oil
- ¼ to ½ teaspoon of coarse salt
- ¼ - ½ teaspoon of grated frozen ginger
- ¼ of one whole lime juice plus more for serving
- 2 medium scallion bulbs, chopped
- 4 tablespoons of chopped parsley or cilantro, optional Sliced almonds, if desired

Instructions

1. Place a skillet over medium heat and when heated, add in one tablespoon of ghee. Add in the garlic and riced broccoli and sauté for about one minute. Add in the toasted sesame oil, coconut amino, and coarse salt as seasoning. Sauté for an extra two minutes. The broccoli is ready when it is bright green in color.
2. Switch off the heat and grate half teaspoon of frozen ginger over the rice. Add in the lime juice as seasoning. Garnish with cilantro, scallions, and sliced almonds. Add in more lime wedges on the side.