

Kipper Furikake Cauliflower Rice

Serves: 1

Ingredients

- 1 can [Crown Prince Natural Kipper Snacks](#), drained
- 2 tbsp sesame seeds
- 2 packages seaweed snack sheets, diced
- 1 tbsp togarashi (see notes)
- ½ tsp kosher salt
- ¼ tsp black pepper
- ¼ tsp granulated sugar
- 1 cauliflower
- salt and black pepper, to taste
- olive oil

Directions

Preheat oven to 300°F. Remove kipper snacks from can and place onto a parchment paper lined baking sheet. Place into oven and bake for about one hour. Remove from oven and allow to completely cool. The kipper snacks should be completely dehydrated. When cool, chop up kipper snacks into very small pieces.

Toast sesame seeds in a small sauté pan over medium heat. Add diced seaweed snack sheets. Stir for a couple of minutes, add togarashi and stir until fragrant. Add chopped up kipper snacks, salt, black pepper, and sugar. Stir until everything is combined and heated through. Set aside to cool.

Cut off bottom of cauliflower to create a flat surface. Cut a ½ inch thick piece of cauliflower steak. Oil, season with salt and pepper and set aside. Take the remaining cauliflower and grate it to get a rice texture.

Heat a large sauté pan over medium high heat. When the pan is hot add about 2 tablespoons of olive oil. Place seasoned cauliflower steak into the pan. Do not turn it over until it has completely browned. Turn over and brown the other side. Finish cooking cauliflower in a 375°F oven for 5-10 minutes.



Place riced cauliflower into a hot sauté pan (the same pan you used to brown cauliflower steak) and stir occasionally until cauliflower is browned. Add about ¼ cup of kipper snack mixture to cauliflower rice. Stir to combine.

Serve with cauliflower steak or the protein of your choice. Garnish with micro greens, scallions or cilantro. Can also be garnished with garlic chili oil.

Notes

Togarashi is a Japanese spice blend that includes chili flakes. It is slightly spicy and full of flavor. Togarashi can be found in any Asian supermarket and sometimes in the Asian section of your neighborhood supermarket. If you cannot find togarashi, you can substitute it with crushed red pepper or omit if you want to keep it mild.