(Cauli)fried Rice

Date : 04-08-2019

Ingredients

- 2 cups cauliflower “rice” (which just means steam your cauliflower, and then shred!)
- 1/2 cup carrots, cubed
- 1/2 cup cooked peas
- 2 eggs (*optional)*
- 2 1/2 tbs lite soy sauce
- 2 tbs sesame oil
- 1/2 tsp minced ginger

Method

1. Heat up a large non-stick skillet on medium heat (it’s important that your skillet is large for this one), and pour in your cauliflower rice; stir frequently
2. Once the cauliflower has dried out slightly, add in the carrots, peas, minced ginger, soy sauce, and sesame oil, and mix together
3. *Optional step:* Once the carrot has soften slightly, push the rice to the sides, turn up the

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heat, and make a gap in the center; crack both eggs in the middle, scramble, and then mix together with the rice
4. Serve alone as a quick, easy lunch, or as a side for a dinner!

How likely are we to eat fried rice for lunch? Not very... but this (cauli)fried rice?? That's something that could definitely be on the menu!

Sometimes when we're craving Chinese for dinner, but don't feel like eating super heavy, we whip this up and add in some shrimp or shredded chicken. On the other hand, if I want to keep it vegetarian, I skip all of that and leave out the eggs as well, and it's still just as delicious, thanks to the richness of the sesame, and a tiny bit of ginger.

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