

Cauliflower Fried Rice	
Ingredients	Instructions
<ul style="list-style-type: none"> • 2lbs cauliflower, 1-2 heads • 1 tbsp oil (sesame, olive or vegetable oil) • 1 cup mixed vegetables (peas, carrots and/or corn are good options) • 2 eggs • 3 garlic cloves, finely diced • 1 tbsp ginger, fresh grated • ¼ cup soy sauce • ¼ tsp red pepper flakes • 1 tsp sugar (brown or white) • 1 tsp rice vinegar • 1 tsp sesame oil • 1 cup green onions, chopped and divided by light (bottom pieces) and dark (top) pieces (5-6 scallions) • ¼ cup cashews, almonds or peanuts, chopped (optional) • ¼ tsp salt 	<ol style="list-style-type: none"> 1. Rice Cauliflower: Pulse cauliflower florets in a food processor fitted with a grating disc until it resembles rice. Or grate on the large-holed side of a box or hand-held grater. 2. Sauté Vegetables: In a large skillet or wok, heat oil. Sauté garlic, light green onions and ginger until soft, 3–4 minutes. Add the cauliflower, soy sauce, red pepper flakes, sugar and salt, cook for another 3-4 minutes stirring often. Next add the mixed vegetables and continue cooking until the cauliflower is tender yet crisp, 5-8 minutes. 3. Scramble Eggs: Push veggies to one side of the skillet/wok, pour in eggs, allow to cook a little before breaking yolk, then scramble until just set before mixing everything together. Stir in rice vinegar, sesame oil, dark green onions and nuts, if desired. 4. Finish: Taste and adjust seasoning, if necessary. Add another tablespoon of soy sauce if needed. Serve immediately while hot.