



Cauliflower Fried Rice

Make on stove top in a wok or large frying pan

INGREDIENTS

2 cups frozen peas
½ cup water



2 tablespoons extra virgin
olive oil
4 cups cubed chicken or pork



2 tablespoons extra virgin
olive oil
6 green onions, sliced
1 large carrot, cubed
2 garlic cloves, minced



1 medium head cauliflower,
shredded using a food
processor



5 tablespoons soy sauce or
Bragg Liquid Aminos ®



2 large eggs, beaten



DIRECTIONS

Bring to a boil, reduce heat to medium low and cook and stir until peas are tender about 5 minutes. Drain and set aside.

Heat oil in a wok over medium heat. Cook meat until lightly browned on all sides and cooked through, about 7-10 minutes. When done transfer to a plate. Set aside.

Heat oil in wok. Sauté remaining ingredients until just softened, about 5 minutes.

Add to the vegetables in wok. Cook and stir until cauliflower is tender but firm, about 4-5 minutes.

Stir cooked meat from above with the soy sauce into cauliflower mixture and stir-fry until hot and slightly browned, about 3-5 minutes.

Move meat cauliflower mixture to one side of the wok. Pour eggs onto empty side. Scramble eggs until cooked through, 2-4 minutes. Stir the 2 mixtures together breaking up any large chunks of eggs, and mixing until well blended. Stir in peas from step #1. Serve warm.



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