



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.

MOBILE TEACHING KITCHEN

Cauliflower Fried Rice

INGREDIENTS

- 2 teaspoons **canola oil**
- ¼ cup plus 2 Tablespoons low-sodium **soy sauce**
- ¼ cup **scallion onions**, thinly sliced
- Pinch **red pepper flakes**
- 1 head **cauliflower**
- 3 cloves **garlic**, minced
- 2-inch piece fresh **ginger**, minced
- 2 **carrots**, diced small
- 2 stalks **celery**, diced small
- 1 **red bell pepper**, diced small
- 1 small head **broccoli**, cut into small florets
- 2 cups **green beans**, ends snipped and cut into ½ inch pieces
- 1 cup **frozen peas**, thawed

DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Rinse vegetables under cold running water to remove excess dirt.
2. To prepare the sauce: Combine soy sauce, red pepper flakes and scallions in a small bowl. Set aside.
3. Remove the cauliflower leaves and stems and cut into large chunks. Working in batches, grate the cauliflower using the large side of the grater until coarse in texture, similar to rice.
4. Prepare garlic, ginger, carrots, celery, bell pepper, broccoli, green beans, and frozen peas - *see the ingredient list for more information!*
5. In a large skillet or wok, heat 2 teaspoons canola oil to medium heat. Add the garlic and ginger and cook, stirring constantly, about 1 minute. Add the carrots, celery, bell pepper, broccoli, green beans, and grated cauliflower. Stir fry until the vegetables are tender, about 5 minutes. Stir the thawed peas and sauce into the cauliflower mixture. Cook an additional minute or 2 or until the peas are warmed through.
6. Serve hot and enjoy!



vetricommunity.org
@vetricommunity