

Cauliflower Fried Rice



Ingredients:

1/3 teaspoons vegetable oil, divided
4 large eggs, lightly beaten
1/4 cup plus 2 Tablespoons low-sodium soy sauce
2 teaspoons sesame oil
1/4 cup thinly sliced scallions
Pinch red pepper flakes
1 head cauliflower
3 cloves garlic, minced

2-inch piece fresh ginger, peeled and grated using large grater
2 medium carrots, diced small
2 stalks celery, diced small
1 red bell pepper, seeds removed and diced small
1 small head broccoli, cut into small florets
2 cups green beans, ends snipped and cut into 1/2 inch pieces
1 cup frozen peas, thawed

Instructions:

1. For the eggs: Heat a wok or large skillet over medium high heat. Add 1 teaspoon of vegetable oil. Add the eggs and quickly scramble. Transfer the eggs to a bowl and set aside.
2. For the sauce: Combine soy sauce, sesame oil, red pepper flakes and scallions in a bowl and set aside.
3. For the vegetables: Wash all vegetables. Remove the cauliflower leaves and stems and cut the cauliflower into large chunks. Working in batches, grate the cauliflower using the large side of the grater until coarse in texture, like rice.
4. Prepare garlic, ginger, carrots, celery, bell pepper, broccoli, green beans, and frozen peas. Read the ingredient list for more information!
5. To prepare: using the same wok or skillet, heat the remaining 2 teaspoons of the canola oil to medium heat. Add the garlic and ginger and cook, stirring constantly, about 1 minute.
6. Add the carrots, celery, bell pepper, broccoli, green beans, and grated cauliflower. Stir fry until the vegetables are tender, about 5 minutes.
7. Stir the thawed peas and sauce into the cauliflower mixture. Cook an additional minute or 2 or until the peas are warmed through. Stir the cooked scrambled eggs back into the mixture.
8. Serve hot and enjoy!