

# Cauliflower Fried Rice

Serves Four



## Ingredients

3 eggs, lightly beaten  
¼ cup canola oil, divided  
2 teaspoons sesame oil  
4 cloves garlic, minced  
½ head cauliflower, riced (chopped small)  
3 cups cooked brown rice  
1 cup scallions, thinly sliced  
1 teaspoon fresh ginger, minced  
1 teaspoon chili oil or sriracha  
1 squeeze honey  
3 tablespoons low sodium soy sauce

2 cups frozen peas and carrots mix  
2 tablespoons sesame seeds  
Handful of fresh cilantro leaves, minced

## Steps

1. Get a wok or large skillet ready over medium-high heat. Coat the pan with one tablespoon of canola oil. Add the beaten eggs and swirl the pan around so as to coat the bottom with a thin layer of egg. Using a spatula, check to see if the bottom of the egg is lightly browned. Using your fingers (carefully - it's hot), flip over the egg so as to briefly cook the other side. Once the egg is lightly browned, flip it out onto a cutting board and let cool. Roll up the egg like a fruit roll and thinly slice into ribbons. Set aside.
2. Add the rest of the oil to the hot wok/pan along with the sesame oil. Add the riced cauliflower, the brown rice and garlic and saute on high heat until the cauliflower turns golden brown. Add scallions, ginger and chili oil or sriracha and sauté for a couple of minutes and add the honey and soy sauce. Taste for seasoning. Add the frozen peas and carrots and continue cooking on high heat until they are heated through. Add the egg and top with sesame seeds and cilantro. Serve hot.