

## Cauliflower Fried Rice

Brittany Allyn

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Serves 2 - 4



### Ingredients:

- 1 (12 oz.) package frozen Riced Cauliflower
- $\frac{2}{3}$  cup fresh or frozen Peas thawed
- $\frac{1}{2}$  cup diced Carrot (*dice about the size of the peas*)
- 3 Scallions sliced thin  
(*separate the white and light green portion from the dark green tops*)
- 2 Eggs
- 2 TBSP Soy Sauce
- 1 tsp. Honey
- $\frac{3}{4}$  tsp. finely grated Garlic
- $\frac{3}{4}$  tsp. finely grated fresh Gingerroot
- 1 tsp. Chili Garlic Paste
- $\frac{1}{2}$  tsp Dark Sesame Oil
- 1 TBSP plus 1 tsp. Vegetable Oil (*you may need more oil if not using a non-stick wok or skillet*)



### Directions:

Whisk together the soy sauce, honey, garlic, gingerroot, chili garlic paste and sesame oil and set aside.

Heat 1 TBSP of the vegetable oil over medium-high heat in a non-stick wok or large skillet. Add the carrot and stir-fry for 3 minutes until it starts to get tender. Add the white and light green parts of the scallions and stir-fry for 1 more minute. Add the frozen cauliflower rice and stir-fry for 3 more minutes. Add the peas and dark green tops from the scallions and combine. Make a well in the middle of the vegetables and add the remaining (1 tsp.) vegetable oil. Add the eggs to the well area and quickly stir-fry until completely cooked. Add the sauce and stir-fry until well combined.

**Note** – if you wish to add a protein such as shrimp, chicken or pork, season it with salt and pepper and stir-fry it first (using additional oil) then set aside and keep warm until the rice is finished. Add the protein back to the wok or skillet and heat through.