






DAIRY FREE, VEGETARIAN | MAKES 2 SERVES

Cauliflower fried 'rice'

 Preparation time
10 minutes

 Cooking time
20 minutes

 Equipment required
**Chopping knife,
fork, frying pan,
spatula**

We've re-created this dish into cauliflower fried rice because it's an easy way to eat more vegetables, and it adds a delicious nutty/earthy flavour.



Ingredients

- 1 carrot, diced
- 2 garlic cloves, finely chopped
- Thumb sized piece of ginger, peeled and chopped
- 1/2 cauliflower, roughly chopped into very small pieces
- 1 small tin corn, drained
- 4 spring onions, thinly sliced
- 2 eggs, lightly beaten
- 1 tablespoon soy sauce



Pantry Items

- 2 tablespoons canola oil

Method

- 1 Heat oil in frying pan over medium heat.
- 2 Add carrot and cauliflower, cook for 8-10 minutes, until softened.
- 3 Add ginger, garlic, corn and most of the spring onion and cook for another 5 minutes.
- 4 Make a 'well' in the centre of the pan and add eggs. Lightly scramble.
- 5 Add soy sauce and stir through.
- 6 Sprinkle over remaining spring onion to serve.

Variations

-  **GF** - Use tamari instead of soy sauce.
-  **VG** - Instead of eggs, add diced tofu to the pan at same time as the cauliflower and carrot.

Tips

You can buy cauliflower which is already prepared into rice.

For more greens, add finely chopped broccoli along with the cauliflower.

Add frozen peas along with the corn if you have them on hand.



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