

Veggie Loaded Cauliflower Fried “Rice”

Oh I just love this recipe – it’s so fitting for weekend lunches and cleaning out the fridge. You can make this meal in as little as 20 minutes. The options are pretty much endless so I’ll try to keep it concise.

Ingredients:

- 1 head of cauliflower
- 2 tablespoons sesame oil (see notes)
- 1 small white onion, chopped
- 1 1/2 cups frozen peas and carrots (see notes)
- 2 cloves garlic, minced
- 2 large eggs (optional, but HIGHLY recommended)
- 1 1/2 cups shredded or diced cooked chicken (see notes)
- 1/4 cup soy sauce, plus extra for serving (or use tamari or coconut aminos)



Instructions:

1. Prepare cauliflower rice – you can do this by putting chunks of the cauliflower into a food processor and pulsing until it resembles rice. Do this over 3-4 batches. Transfer cauliflower to a bowl while you work on remaining batches.
 - a. If you do not own a food processor (which I don't): take the cauliflower in bunches and mince it with a chef's knife until small, rice like pieces. Again, do this over a few batches.



2. In a deep skillet pan, heat sesame oil.
3. Add onion and saute until softened – 5 minutes. Add peas, carrots (it's ok to add them in frozen) and garlic. Saute until softened 3-4 minutes.



4. Add the eggs into the pan, stir the eggs into the vegetables until eggs are cooked (Look for the vegetables to lose their glossiness).

5. Add chicken, riced cauliflower and soy sauce to the mixture. Stir everything together and cook until everything is heated through. The cauliflower won't take long to cook – do not overcook it and turn it to mush! Usually 4-5 minutes is plenty.



6. Enjoy!
7. Want some extra kick? Try adding some Asian garlic chili sauce!

Notes:

- Sesame oil is great to use here, but can be replaced with your favourite cooking oil (i.e. canola oil, vegetable oil, butter, coconut oil etc.).
- I used chicken leg quarters that I had already cooked up for lunches this week. You could also use pork or shrimp here. If you are looking to make it vegetarian, tofu or mushrooms would help to give it more bulk.
- Speaking of more bulk – feel free to add in more veggies here too! Mushrooms, bell peppers, broccoli or maybe even some wilted ruffage (spinach, swiss chard, kale etc.).
- If you need to cook your chicken fresh, I usually recommend seasoning it with salt, pepper and garlic powder, bake at 375 for approximately 45 minutes. Check for pinkness and temperature (depending on the cut of chicken). If you felt more ambitious, you could cut the raw chicken into cubes and pan fry in sesame oil - but I don't like baby-sitting meat if I don't have to.