

Cauliflower Fried Rice



Serves 2-3

Ingredients

- ½ large cauliflower head or 1 whole small head
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- a thumb size piece of ginger, finely chopped
- 1 cup green beans, sliced
- ½ large red capsicum/pepper, sliced
- 1 large handful of bean sprouts
- 2 spring onions, finely sliced
- 2 tablespoons of herbs of your choice (I used parsley and thyme)
- 4 eggs, beaten
- 2 tablespoons coconut oil
- 1-2 tablespoons coconut aminos
- sea salt + freshly ground black pepper

Directions

1. Pop the cauliflower florets in a food processor and pulse until your cauliflower resembles rice. I used my Vitamix and did the cauliflower in four portions so it wouldn't jam the blades.
2. Heat the coconut oil in a large frying pan, on high heat.
3. Add onion and garlic and cook for 1-2 minutes until softened.
4. Add in the cauliflower, ginger, beans and red pepper and cook for about 2-3 minutes, until tender.
5. Add the eggs, spring onions, sprouts, coconut aminos, herbs, salt and pepper, and cook until everything is heated through and well combined.