



The Gathered Green

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CAULIFLOWER FRIED RICE

Thank you to pinchofyum.com for this great recipe, and iowagirleats.com for the picture.

Serves 4

Ingredients

- 1 medium-sized head of cauliflower
- Broccoli florets from ½ head of broccoli
- 2 tablespoons sesame oil
- 1 red onion, chopped finely
- 2 rashers bacon, chopped (preferable additive free)
- 1 large carrot, cubed
- 2 cloves garlic, crushed
- 5cm piece fresh ginger, peeled, finely grated
- ½ cup frozen peas
- corn kernels off one corn cob
- 2 beaten eggs
- 3 tablespoons tamari





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Method

Shred cauliflower using the largest side of a grater or by just pulsing some rough cut pieces in a food processor. The end product should resemble smallish grains of rice. Place processed cauliflower in a bowl.

Shred broccoli florets using the same method above (grater or food processor), until it resembles grains of rice. Add processed broccoli to the bowl with the cauliflower.

Heat 1 tablespoon of sesame oil in pan over medium heat. Add the bacon and stir fry for 5 minutes until starting to crisp. Add onions, carrots, garlic and ginger, and stir fry for a further 5 minutes, or until fragrant.

Add remaining oil to pan along with cauliflower, broccoli, corn kernels and frozen peas. Stir fry quickly to cook vegetables to a soft (but not mushy) texture.

Make a well in the middle of the pan, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in the tamari just before serving.

Enjoy!

Jane

