

# Cauliflower Fried Rice

written by The Recipe Exchange | February 4, 2017

## **Ingredients**

1 medium head cauliflower  
1 large egg  
2 Tablespoons cooking oil, divided  
1/2 medium onion, chopped  
2 cloves garlic, minced  
1/2 cup diced frozen carrots  
1/2 cup frozen peas  
2 Tablespoons soy sauce \*for gluten-free use tamari  
1/2 teaspoon sesame oil  
fresh cracked black pepper to taste  
2 green onions, diced  
optional: kosher salt  
more optional vegetables: celery, broccoli, corn, spinach

## **Directions**

Mince cauliflower into very small crumbled pieces, resembling the size of rice or larger because the cauliflower will shrink as it cooks.

In small bowl, whisk the egg and then set aside.

Heat large skillet on medium high heat. Add olive oil, then add onion and garlic. Cook until soft and translucent.

Add cauliflower and sauté until tender, but not mushy soft. Add the peas and carrots and stir until combined.

Add the beaten egg, soy sauce, sesame oil and black pepper. Stir until the egg coats all of the cauliflower and becomes cooked.

If needed, add additional kosher salt to taste. Add green onions and stir until everything is combined.