# Cauliflower Fried Rice

A low-carb, veggie-packed take on fried rice where pulsed cauliflower stands in for rice, stir-fried with peppers, onion, garlic, bok choy and scrambled eggs, then seasoned with soy, sesame oil and lime. Hearty from the eggs, light without the rice, and done in about 15 minutes.

17 min · 2 servings · easy · Asian-inspired



## INGREDIENTS

- ☐ **2 tbsp** neutral cooking oil, divided
- ☐ **1 large** bell pepper, sliced (yellow or orange)
- ☐ **1 medium** onion, sliced
- ☐ **3 cloves** garlic, thinly sliced
- ☐ **1 medium head (about 1 3/4 lb / 800 g)** cauliflower, cut into small chunks
- ☐ **1/2 tsp** chili salt, or salt plus a pinch of chili flakes
- ☐ **2 heads** baby bok choy, leaves separated (purple or green)
- ☐ **3** eggs
- ☐ **2 tbsp** soy sauce, or tamari for gluten-free
- ☐ **1 tsp** toasted sesame oil
- ☐ **1/2** lime, juiced
- ☐ **2** green onions, sliced, for garnish (optional)

## METHOD

### Cook the veggies

1. Heat 1 tbsp oil in a large skillet over medium-high heat; add sliced peppers and onion and stir-fry 3–4 minutes until softening, then add sliced garlic and cook 1 minute until fragrant.

### Make the cauliflower rice

2. Meanwhile, cut cauliflower into small chunks and pulse in a food processor a few times just until it looks rice-like; don't over-process into mush. Season with chili salt.

### Wilt the bok choy

3. Break bok choy leaves off and add to the pan; stir 1 minute until they begin to wilt.

### Scramble the eggs

4. Push the vegetables aside, add the remaining oil to the empty space, crack in the eggs and scramble until just set, then mix into the vegetables.

### Fry the rice

5. Add the cauliflower rice and turn the heat to high. Add soy sauce, sesame oil and lime juice and stir-fry 2–3 minutes, just until the cauliflower is tender but still has a rice-like bite.

### Serve

6. Taste, adjust seasoning, and serve topped with sliced green onions.

## TIPS

– Only cook the cauliflower rice for a few minutes; the creator overcooked his and it turned too soft—you want a bite similar to rice.

– Pulse the cauliflower just a few times so it stays in distinct rice-sized grains.

– Quantities weren't stated except 3 eggs; amounts for vegetables, soy sauce and sesame oil are standard estimates.

– Use tamari instead of soy sauce to keep the dish gluten-free.

– Regular green bok choy works fine in place of purple bok choy.

LifebyMikeG · https://www.youtube.com/watch?v=PN-5UUzj7SI