



Cauliflower Fried Rice



Ingredients

- 1 medium-sized head of cauliflower
- 2 tablespoons sesame oil
- 1 large carrot, cubed
- 2 garlic cloves, minced
- 2 beaten eggs
- 3 tablespoons soy sauce
- 2 green onions, minced

Directions

1. Shred cauliflower using the largest side of a grater or using a knife to cut it into smaller pieces.
2. Heat 1 tablespoon of sesame oil in a large skillet over medium heat.
3. Add the carrots and garlic and stir fry until fragrant, about 5 minutes.
4. Add the cauliflower, and remaining sesame oil to pan; stir fry quickly to cook the cauliflower so it is slightly soft.
5. Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked.
6. Stir in the green onions and soy sauce just before serving.