

Easy Cauliflower Fried Rice

1 medium head of cauliflower, cut into florets
2 tablespoons sesame oil
3 beaten eggs
½ cup white onion, diced
1 cup carrot, diced
2 garlic cloves, minced
1 cup frozen green peas
3 tablespoons low sodium soy sauce
Fresh black pepper for taste
6 green onions, minced
Sesame seed for garnishing

Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency.

In a large skillet add 1 tablespoon of sesame oil over medium heat. Add the eggs and stir them until they are cooked. Set aside.

In the same skillet, add one more tablespoon of sesame oil, onion, carrot and garlic. Cook until the veggies are fully cooked.

Add the cauliflower rice, green peas, soy sauce, black pepper and the cooked eggs. Mix everything well to combine. Be careful to not cook a lot the cauliflower otherwise it will become soggy.

Before serving top with green onions and sesame seed. Enjoy!

Adapted from primaverakitchen.com