

Amazing Cauliflower Fried Rice

Description

This meal is a family favorite. It is ready in just thirty minutes.

Prep time: Ten minutes

Cook time: Twenty minutes

Total time: Thirty minutes

Servings: 4

Ingredients

- 1 head of cauliflower with florets removed
- 2 tablespoons of coconut oil
- 1 onion, diced
- 10 oz bag of frozen broccoli florets or 1 head of fresh broccoli with the florets removed
- 1 cup of carrot sticks
- 2-3 tablespoons of water
- 2 tablespoons of fresh ginger, grated
- 1/3 cup of tamari
- Pepper to taste
- 1/4 cup of green onions, thinly sliced
- 1/2 cup of fresh cilantro, roughly chopped

Instructions

1. Slice the cauliflower florets off and transfer into the food processor. Process on high until the cauliflower is chopped into tiny grains. Then set aside.
2. Pour coconut oil into a pan and place over medium heat. Add in the onions and sauté until softened. Add in the carrot sticks, frozen broccoli, and water. Cover the pot and steam the vegetables until hot.
3. Uncover the pot and add in the cauliflower rice, tamari, and fresh ginger. Combine the mixture and cook until the cauliflower rice is cooked. Season with pepper and garnish with green onions and cilantro.