

CRUNCH TIME

Cauliflower Fried Rice



Serve information: 4 Bowls Of Cauliflower Fried Rice

INGREDIENTS:

1 Medium head cauliflower,
cut into florets
Half onion, diced
1 Shallot, chopped
1 Carrot, peeled and diced
1 Garlic clove
2 Eggs
1 Tbsp vegetable oil
50g Peas
50g Corn
3 Tbsp tamari sauce

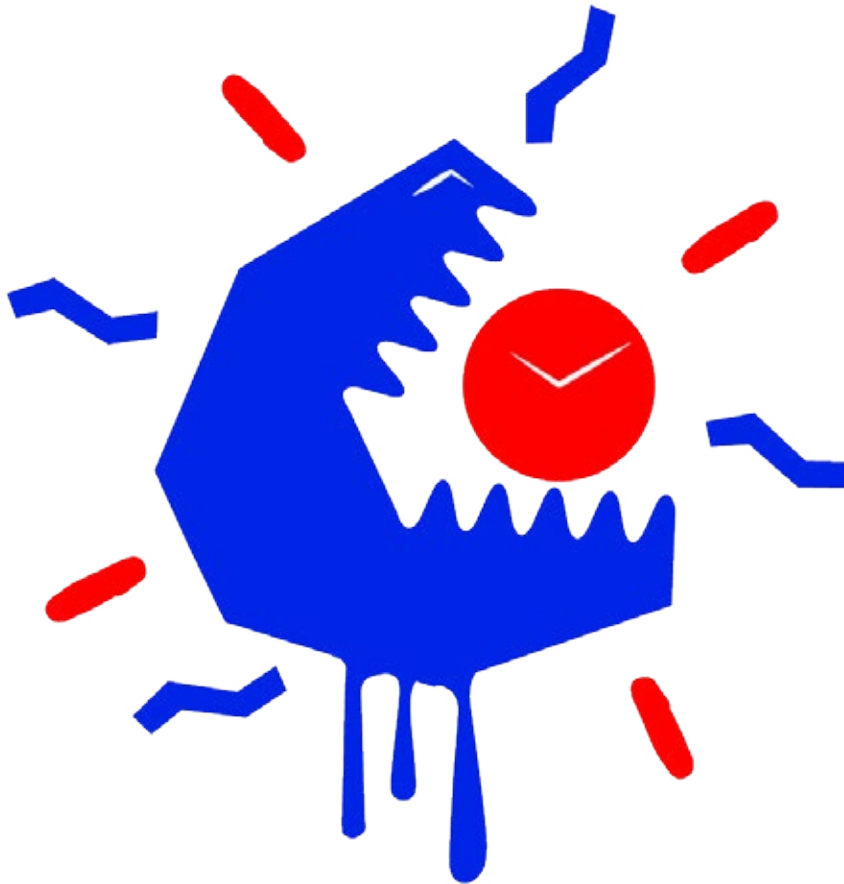
EQUIPMENT:

Chopping board
Sharp knife
Food processor
Vegetable peeler
Garlic crusher
Small bowl
Fork
Wok with lid
Spatula
Plate
Wok spatula
4 bowls
4 chopsticks
Spoon



METHOD:

1. Place the cauliflower in the food processor and pulse until the cauliflower is small and has the texture of rice. Don't over process or it will get mushy. You may have to do in two batches if it doesn't all fit
2. Crush garlic using garlic crusher
3. Crack eggs into a bowl. Beat with a fork
4. Heat a wok over medium heat and add half the oil. Add the eggs and cook, turning a few times until set. Set aside on a plate
5. Add the remaining oil to the wok and stir-fry onions, shallots, peas, corn, carrots and garlic until soft
6. Add the cauliflower "rice" to the wok with tamari sauce. Mix and cover with a lid. Cook, stirring frequently, until the cauliflower is cooked
7. Chop the egg with the spatula and add the egg to the wok and combine
8. Serve into 4 bowls



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