CAULIFLOWER FRIED "RICE"

WOLF WELLNESS LAB

**Ingredients**

- Vegetable oil
- 2 large eggs, beaten
- Salt
- 1 cup chopped scallions, light and green parts separated (5-6)
- 3 garlic cloves, minced
- 1 tablespoon finely minced fresh ginger
- 2-lb head cauliflower (or 2 pounds ready to cook' cauliflower)
- 4-5 tablespoons soy sauce
- 1/4 teaspoon red pepper flakes
- 1 teaspoon sugar
- 1 cup frozen peas and carrots
- 1 teaspoon rice vinegar
- 1 teaspoon Asian sesame oil

**Instructions**

Grate the cauliflower on the large holes of box or handheld grater. Set aside.

Heat 2 teaspoons of vegetable oil in a large nonstick skillet over medium heat. Add the eggs and a pinch of salt and scramble until the eggs are cooked.

Transfer to a small plate and set aside. Wipe the pan clean. Add 3 tablespoons of vegetable oil to the pan and set over medium heat. Add the light scallions, garlic, and ginger and cook, stirring often, until softened but not browned, 3 to 4 minutes.

Add the grated cauliflower, 4 tablespoons of the soy sauce, red pepper flakes, sugar, and 1/4 teaspoon salt. Cook, stirring often, for about 3 minutes. Add the peas and carrots and continue cooking until the cauliflower "rice" is tender-crisp and the vegetables are warmed through, a few minutes.

Stir the rice vinegar, sesame oil, dark green scallions, and eggs.

Taste and adjust seasoning. Serve hot.

Enjoy!

**Additional Information**

- Prep time: 15 minutes
- Cook time: 15 minutes
- Total time: 30 minutes