
Cauliflower Fried Rice

Yield: 4 Servings

Ingredients

1 head cauliflower (large)
10 oz Portuguese sausage (small diced)
2 Tbsp canola oil
1 sweet onion (medium, small diced)
3 Tbsp garlic (minced)
3 Tbsp ginger (minced)
1 Tbsp hondashi
1/4 cup soy sauce (low sodium or regular)
2 Tbsp sesame seed oil
1 Tbsp Sriracha (optional)
2 cup frozen peas (defrosted)
2 cup frozen corn (defrosted)
12 oz won bok kimchi (well drained, small diced)
salt
pepper
1 cup prepared fried onion
1 cup green onions

Cooking Time: 30 min

Instructions

Wash and thoroughly dry cauliflower, then remove all greens and cut into four even sections. With a box grater or a food processor with the grater attachment, grate the cauliflower into the size of rice grains.

Place a large wok or pan over high heat and brown the sausage until crispy and the fat has rendered out. Take out the sausage and put it into a bowl lined with paper towels to absorb the fat and set aside.

In the same pan, add canola oil and sweet onions and cook till translucent, for about 2 to 3 minutes. Add the garlic and ginger; stir to combine. Then add the cauliflower to the pan and cook until the cauliflower is tender but still has a crunch, about 3 to 5 minutes.

Add hondashi, soy sauce, sesame oil, sriracha, peas, corn, kimchi and cooked Portuguese sausage. Stir fry for another minute or two to combine everything together. Season to taste with salt and pepper, if needed. Garnish with green onions and prepared fried onions.

Serve this low carb, tasty side dish for your next family gathering or with a fried egg for an 'onolicious

breakfast.

Recipe brought to you by:

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