
Asian Style Cauliflower Fried Rice with Spicy Drizzle

Total time: 25 min Yield: 4 servings

Ingredients

2 Tbsp light oil
1/2 cup carrots (thinly sliced)
1/2 cup red bell pepper (thinly sliced)
1 Tbsp ginger (minced)
5 cup cauliflower (about 2 lbs., grated, use a food processor or box grater)
1/2 tsp turmeric
2 clove garlic (minced)
1 Tbsp shoyu or tamari
1 Tbsp toasted sesame oil
1 Tbsp + 1 tsp. rice vinegar (divided)
1/2 to 1 tsp salt
1/4 tsp pepper
1 cup edamame (cooked & shelled)
1 cup baked tofu (cut into small cubes)
1/4 cup green onions (thinly sliced)
2 tsp sambal oelek
2 Tbsp mayonnaise

Prep Time: 15 min Cooking Time: 10 min Total Time: 25 min

Instructions

Heat oil in a large skillet, sauté carrots, bell pepper with the ginger until crisp tender, a few minutes. Add the cauliflower, turmeric and garlic. Stir well to cook the cauliflower rice evenly, allowing the turmeric to color the rice and the garlic to cook without burning.

Combine the shoyu or tamari, sesame oil, 1 tbsp. of rice vinegar, salt and pepper and mix well; add to skillet and stir in thoroughly. Lastly, add in the edamame, tofu and heat through.

Serve on a platter topped with the green onions. Combine the sambal, mayonnaise and 1 tsp. rice vinegar. Drizzle over the individual servings as desired.

Recipe brought to you by:

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