



CAULIFLOWER FRIED RICE

(Paleo, AIP, Vegan, Low Carb)

A super easy cauliflower fried rice recipe from scratch - done in less than 30 minutes, even if you only have a grater and no food processor or a bag of frozen cauliflower rice from the grocery store!

**Add chopped chicken for "chicken fried rice"*

By Karrie Billets, Functional Nutrition Coach

INGREDIENTS

- 1 small head cauliflower or 2-3 cups cauliflower rice
- 2 Tbsp. coconut aminos
- 2 Tbsp. avocado oil
- 1 carrot, chopped or 1/2 cup frozen chopped carrots
- 1/2 cup frozen peas
- 2 eggs-omit if on the AIP elimination Diet or vegan
- 3 garlic cloves, minced
- 2 scallions, thinly chopped
- toasted sesame oil

INSTRUCTIONS

1. Grate the cauliflower or put it in your food processor to make your rice. Or use frozen from a bag
2. Chop the onion and carrot, and mince garlic. In a large non-stick skillet, heat 1 tbsp. oil and lightly scramble the two eggs.
3. Once they're almost done, add the garlic and sauté until fragrant.
4. Mix in your cauliflower rice, combine well. Let cook for about 2 minutes. Add the other tbsp. of oil and the coconut aminos.
5. Cook for 3-4 minutes, stirring well, so that all the cauliflower gets covered with the sauce. I actually needed to add some salt to taste, but I was using coconut aminos, so do taste your cauliflower at the end of the 3 minutes.
6. Lastly, stir in the carrots, peas, and the scallions and cook for 2-3 more minutes. Add a tsp. of toasted sesame oil (optional). Add extra coconut aminos to your taste.