

'Riced Vegetable' Fried Rice



Prep Time: 20 minutes

Cook Time: 15 minutes

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Ingredients

Fried Rice

- 1 medium-sized head of cauliflower (riced) OR 2 parsnips, peeled and riced
- 4 tablespoons coconut oil
- 3 eggs, beaten
- 1 tablespoon minced fresh ginger
- 1/2 cup diced bell pepper
- 1/2 cup chopped broccoli
- 1 cup diced onion
- 1/2 cup thinly sliced cabbage
- 1/2 cup peeled, diced carrot
- 1/2 cup diced celery
- 1 tablespoon minced garlic
- 1/2 cup peas
- 1/4 cup sliced mushrooms
- 1/4 cup Bragg's Amino
- Sea salt and freshly ground white pepper
- 1/2 teaspoon ground Korean chili powder
- 1 teaspoon toasted sesame oil
- 2 tablespoons toasted sesame seeds
- 1/2 cup chopped green onions for garnish

Instructions

Prep Cauliflower or Parsnip

Shred cauliflower or parsnip using the largest side of a grater OR by just pulsing some rough cut pieces in a food processor; the end product should resemble smallish grains of rice.

Fried rice:

Heat a large skillet over medium heat and add 1 tablespoon coconut oil. Add the eggs and scramble, then set aside on a plate.

Add the remaining coconut oil to the skillet.

If using parsnips, add parsnips now as they are firmer and take longer to cook than cauliflower. Add the ginger and stir-fry for less than 1 minute. Then add the remaining vegetables except cauliflower and garlic and stir-fry for 1 minute more. Add protein if using. Add cauliflower rice, peas and mushrooms and stir fry quickly to cook the cauliflower to a soft (but not mushy) texture. Add the cooked egg back into the wok.

Mix together the Bragg's, sesame oil, chili, sesame seeds and seasonings and stir to rice mixture.

Check the seasoning and adjust to taste with salt and pepper.

Garnish with green onions. Serve immediately.