

# CAULIFLOWER FRIED RICE

**Time: 30 minutes**

**Serves: 4**

## **Ingredients:**

15ml coconut oil  
6 eggs - lightly beaten  
1.5g kosher salt  
1 pinch fresh ground black pepper  
6 thick slices bacon - cut into matchsticks  
1 medium yellow onion - diced  
20g garlic - finely chopped  
15g fresh ginger - finely chopped  
800g cauliflower rice  
50ml oyster sauce  
15ml coconut aminos or soy sauce  
10ml toasted sesame oil  
6 green onions - sliced

## **Preparation:**

Preheat a wok on high heat. Add the coconut oil.

Lightly beat the eggs with the salt and pepper. Add to the wok, stirring or constantly until just set. Remove and set aside to keep warm.

Add the bacon to the wok, stirring often until just browned. Remove with a slotted spoon and set aside.

Add the onion, garlic and ginger to the wok. Stir-fry for one minute.

Add the cauliflower, stir-frying for ten minutes.

Stir in the oyster sauce, aminos and sesame oil. Stir-fry for one minute then, remove from heat.

Fold in the eggs, bacon and green onion.

Serve immediately.

## **Nutritional Information Per Serving:**

Calories: 373  
Fat: 28g  
Carbs: 15g  
Fibre: 5g  
Protein: 16g