



Cauliflower Fried Rice

SERVES 4

Ingredients

- 1 medium head cauliflower, stem removed
- 3 teaspoons canola oil
- 2 large eggs, lightly beaten
- 3 cloves garlic, minced
- 1 one-inch piece fresh ginger, peeled and grated
- 1 cup carrots, peas and baby corn, diced
- 1/4 cup thinly sliced scallions
- 1/4 cup & 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 cooked chicken breasts, diced
- Optional: hot sauce for serving

Nutrition Information Per Serving

Energy	401kcal
Carbohydrates	17g
Protein	39g
Total fat	21g
Saturated fat	4g
Cholesterol	175mg
Dietary fibre	4.4g
Sodium	930mg
Sugar	5g
Carbohydrate exchange	1 exchange

Method of preparation

1. Cut the cauliflower into chunks. In small batches, pulse the cauliflower in a food processor until coarse in texture, like rice. This recipe uses about 4 cups of cauliflower rice. If you have any left over, save it for another use.
2. Heat a wok or large skillet over medium-high heat.
3. Add 1 teaspoon of canola oil. Add the eggs and quickly scramble. Transfer the eggs to a plate and set aside.
4. Heat the remaining 2 teaspoons of canola oil. Add the garlic and ginger and cook, stirring constantly, for about 1 minute.
5. Add the peas and carrots, scallions and cauliflower. Stir-fry until the vegetables are tender, for about 5 minutes.
6. As the vegetables are cooking, whisk the soy sauce and sesame oil together in a small bowl. Stir the sauce and chicken into the cauliflower mixture.
7. Cook an additional 1 to 2 minutes.
8. Stir the cooked eggs back into the mixture.
9. Serve with hot sauce and additional soy sauce if desired.

About the author: Michelle Hoi is the lead dietitian at CelliHealth, a digital corporate health and wellness startup. She is a registered dietitian nutritionist and accredited dietitian of Singapore, with eight years of experience in clinical nutrition and food development. She enjoys cooking, baking delicious allergy-friendly foods and travelling when she has the opportunity.