

Healthy Vegan Cauliflower Fried Rice

Prep Time: 30 minutes |

Best when fresh | Freezer friendly | Gluten-Free, Vegan | Servings: 6 (1 cup servings)

Ingredients

- 1 tsp sesame oil
- 3 cloves garlic, minced
- 4 carrots, peeled and diced (225 g)
- 1/2–1 tsp red pepper flakes, to taste
- 1 1/2 heads of cauliflower, riced (1080 g, approx. 10 cups riced)
- 4 green onions, diced
- 1 cup frozen green peas (170 g)
- 1 cup frozen corn (170 g)
- 3 tbsp soy sauce (use gluten-free soy sauce or tamari if needed)
- salt and pepper, to taste



Instructions

Bring the sesame oil to medium-high heat in a wok or large pan.

Add the garlic and stir for a minute or two.

Add the carrots and continue cooking for 3 minutes or so until they start to soften.

Add the red pepper flakes, riced cauliflower, peas, green onion, peas, corn and soy sauce.

Cook for about 10 minutes until the cauliflower is tender, stir often.

Serve immediately. ENJOY!

- Best when fresh. Leftovers will keep in the refrigerator for 24 hours, but the apple will start browning and the veggies may get a little soggy. Not freezer friendly.

- Optional: If using raw walnuts, lightly roasted or dehydrated on a bare baking sheet at 250 F (176 C) for 12-15 minutes or until fragrant.

*Cook time does not include the optional step of roasting walnuts. Freshly roasted nuts will provide the best flavor, but store-bought work too.

**Recipe adapted from Minimalist Baker - minimalistbaker.com

