



The Health & Wellbeing Studio

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Fried Cauli Rice

This recipe is a super quick midweek meal that is great as a side or add leftover chicken or tempeh for added protein.

Cauliflower is a seriously humble 'superfood' (maybe not quite as versatile as the coconut, but pretty close!). Rich in antioxidants, fibre and sulforaphane to protect and feed the gut, cauliflower may also help to reduce histamine being rich in vitamin C, and containing phytonutrients such as quercetin and rutin. This dish might become a spring staple to fight off seasonal sniffles.

- Family friendly
- Gluten free options
- Oxalate friendly options
- Nut Free option
- Cooking with kids
- Vegetarian
- Grain Free
- FODMAP options
- GAPS friendly options
- Dairy Free
- Lactose Free
- Dinner
- Freezable
- Vegan options
- Lunchbox
- Lunch
- Weight Loss Friendly

Preparations time: 15mins

Cooking time: 10 minutes

Serves: 1

Ingredients

- 1 head cauliflower
- 1 tbsp coconut or olive oil
- 2 large eggs
- 1 tbsp grated fresh ginger
- 3 cloves garlic, minced
- 2 carrots, finely diced or grated
- 1 cup corn kernels, fresh or frozen
- 1 cup peas, fresh or frozen
- 4 spring onions, finely sliced
- ¼ cup cashews or pumpkin seeds
- 3 tbsp chopped chives, coriander, mint
- 2 tbsp tamari or low sodium soy sauce
- 1 tsp sesame oil

Instructions

1. Cut cauliflower into florets.
2. In a food processor, pulse the florets until it resembles rice (you should end up with about 5-6 cups. Set aside.
3. Heat ½ tbsp oil in a large pan over medium heat, whisk eggs and add to pan and make a basic omelette.
4. Transfer the egg to a cutting board and thinly slice.
5. Add remaining oil into pan. Add the ginger and oil, stirring until fragrant, about 30secs. Stir in diced carrot and sauté for 2 mins. Stir in corn, peas and cauliflower, mixing thoroughly.
6. Cover the pan and cook until cauliflower is tender, approximately 5mins. Uncover and stir in eggs, green onions, cashews or seeds, herbs, any other optional ingredients and soy sauce and sesame oil to taste. Serve immediately.

Alternatives

For a gluten free option, ensure a gluten free tamari is used.

For a vegan option, swap the eggs for silken tofu, or omit altogether.

For a nut free option, omit the cashews and only use the pumpkin seeds.

For a low FODMAP option, swap the cauliflower for broccoli. Omit the garlic, onion, corn and peas. Swap for chopped green beans, capsicum, and bamboo shoots.

For a GAPS friendly option, omit the soy sauce and tamari, or swap for coconut aminos.

For a low oxalate option, omit the sesame oil, cashews, pumpkin seeds and swap carrots for red capsicum.