

## Cauliflower Fried Rice (Vegetarian)



### Prep:

5 mins

### Total:

20 mins

### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Gourmet Wok with Cover

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### Recipe:

### Contributed By:

Jeremy Thompson - Life Changing Dinners  
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### Recipe Description:

Get all the flavor without all the carbs of traditional fried rice with this delicious Vegetarian Cauliflower Fried Rice recipe. Cauliflower rice has approximately 25 carbs per cup, versus traditional brown rice that has over 200 carbs per cup. Add a variety of your favorite vegetables and omit the eggs to make this a vegan-friendly meal.

1 head  
 cauliflower, riced, use Cone #2  
 2 large  
 carrots, shredded, use Cone #1  
 2 tbsp  
 ginger, shredded, use Cone #1  
 1 medium  
 white onion, strung, use Cone #2  
 1 cup  
 frozen corn  
 1 cup  
 frozen peas  
 3 whole  
 eggs  
 3 tbsp  
 soy sauce or liquid aminos  
 2 tbsp  
 sesame oil  
 3 cloves  
 garlic, shredded, use Cone #1  
 ¼ cup  
 green onions, diced, green part only

#### Directions:

1. Preheat wok for approximately 5-7 minutes or until several drops of water sprinkled on the pan skitter and dissipate.
2. Add the onions, carrots, garlic and ginger. Cover and cook until onions are translucent, approximately 5 minutes.
3. In a bowl, crack the eggs and whisk them until they are combined. Add them to the wok and cook until they are fully scrambled and cooked.
4. Add the corn, peas, sesame oil, cauliflower rice, green onions and soy sauce and combine. Cover and cook for approximately 10 minutes.
5. Serve warm and garnish with additional green onions and hot sauce, if desired.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 118  
**Total Fat:** 4g  
**Saturated Fat:** 1g  
**Cholesterol:** 69mg  
**Sodium:** 545mg  
**Total** 16g  
**Carbs:**  
**Dietary Fiber:** 5g  
**Sugar:** 5g  
**Protein:** 6g

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