**Serves 4**

Ingredients

1 package tofu

3/4 cup brown rice

2 cups cauliflower rice (frozen)

2 cups peas (frozen)

2 large eggs

1 Tbsp. soy sauce

1 Tbsp. coconut aminos

Directions

1. Cut up tofu into cubes. Sprinkle tofu with garlic salt and lightly sauté in pan.
2. Cook brown rice in water.
3. Defrost cauliflower rice and peas in microwave or cook on stove top.
4. Combine brown rice, cauliflower rice and peas in a wok with 1 Tbsp. olive oil.
5. Beat eggs and mix them into rice and pea mixture. Continue to cook and mix together. Add soy sauce and coconut aminos.
6. Add tofu into wok and continue to mix together until cooked and hot.