

CAULIFLOWER RICE - ASIAN STYLE

Either defrost a bag of cauliflower rice or chop cauliflower in a mixer then add below.

Note: This recipe makes a big batch and usually yields 3-4 meals, making it perfect for meal prep.

Calories: 1 serves 84 Carbohydrates: 13g Protein:5 g Fat: 4 g Fiber: 3

INGREDIENTS

- Cooking spray or a small amount of oil
- 1 head cauliflower, finely grated or riced
- 250g mushrooms, chopped (adjust to your preference)
- 1 clove garlic, minced
- 1 onion, diced
- Optional veggies: diced carrots, capsicum, broccoli etc.
- Fresh herbs for garnish: chili, basil, parsley, etc.
- 1–2 Tbsp soy sauce
- 1–2 Tbsp sesame oil
- Salt and pepper to tasteGrind cauliflower

DIRECTIONS

1. Lightly spray a pan with oil and heat it over medium heat.
2. Sauté all the vegetables (except the herbs) until cooked through.
3. Add soy sauce and sesame oil, stirring to coat evenly. Adjust the flavor with salt and pepper to your taste.
4. Remove from heat and toss in your fresh herbs.
5. Serve as a flavorful, low-carb, high-fiber alternative to rice.
6. **Optional:** Add your favorite protein, such as chicken, beef, or beans, to make it a complete meal.

It's simple, delicious, and packed with nutrients!