

GARLIC CAULIFLOWER FRIED RICE

Recipe by Kevin Kimura

SERVES 1

INGREDIENTS

12oz cauliflower rice (microwaved from frozen)
3 eggs
2 scallions, chopped
1/8 large yellow onion, chopped
3 large cloves garlic, minced
2 tbs butter
1/2 tbs soy sauce
1/4 tsp fresh ground pepper
1/4 tsp kosher salt
2 tbs olive oil
1/4 tsp msg (optional)



DIRECTIONS

- 1. Prep:**
 - Beat 2 eggs in one bowl and the remaining egg in another. Set aside.
- 2. Scramble eggs:**
 - Heat your non-stick skillet over medium-high heat. Add 1 tbsp olive oil and swirl to coat.
 - Pour in the 2 beaten eggs and gently scramble until cooked through but still glossy, reducing heat slightly if needed. Remove and set aside.
 - Wipe out the pan with paper towel to remove any burnt bits.
- 3. Cook vegetables:**
 - Add the remaining olive oil to the skillet and cook the onions with a pinch of salt until translucent and browned.
 - Add the garlic and a handful of scallions, stir-fry for 30 seconds.
- 4. Fry cauliflower rice:**
 - Stir in the heated cauliflower rice. Pour in the remaining beaten egg and immediately mix vigorously to ensure each grain of rice is coated in egg. This will give your cauliflower rice a delightful rice-like texture.
 - Add soy sauce, pepper, MSG (if using), and butter. Stir-fry until butter melts, adjusting heat as needed.
- 5. Combine, season, and finish:**
 - Add the scrambled eggs, breaking them up as desired. Stir to combine and heat through.
 - Taste and adjust seasonings to your liking (more soy sauce, salt, pepper, etc.).
 - Garnish with the remaining scallions and serve immediately.