



# Cauliflower Fried Rice

SERVES 4

## INGREDIENTS

500g cauliflower  
1 tbs olive oil  
3 spring onions, sliced  
2 garlic cloves, crushed  
2cm piece ginger, finely grated  
100g green beans, cut into 1cm pieces  
½ red pepper, diced  
1 tbs salt reduced soy sauce  
¼ cup chopped coriander  
Salt and pepper, to season

## METHOD

1. Cut the cauliflower into pieces ensuring all are of similar size. Discard core. Place in a food processor and pulse until cauliflower resembles rice.
2. Heat the oil in the wok and add the spring onions, garlic and ginger. Stir until fragrant then add the cauliflower, green beans and pepper. Fry until the cauliflower is golden stirring constantly, then add the soy sauce, salt and pepper. Continue cooking until cauliflower is tender.
3. Stir through the coriander and serve

