Cauliflower “Fried Rice” with Chicken

Servings: 4

Ingredients:
1 pound (455g) boneless, skinless chicken breast, cut into bite sized pieces
1 medium head cauliflower (or one 1-2 bags of Trader Joe’s refrigerated riced cauliflower)
1 large egg
2 Tablespoons (30ml) cooking oil, divided
1/2 medium onion, chopped
2 cloves garlic, minced
1/2 cup (120ml) diced frozen or fresh carrots
1/2 cup (120ml) frozen peas
2 Tablespoons (30ml) soy sauce *for gluten-free use tamari
1/2 teaspoon sesame oil
fresh cracked black pepper to taste
2 green onions, diced
optional: kosher salt
more optional vegetables: kale, celery,

Preparation:
1. Mince cauliflower into very small crumbled pieces, resembling the size of rice or larger because the cauliflower will shrink as it cooks. You can use a food processor to get this texture, but be careful to not process the cauliflower too much or it will become mushy. We prefer to hand mince everything to get the small texture, so it still remains firm when cooked.
2. Heat large skillet on medium high heat. Add olive oil, then add onion and garlic. Cook until soft and translucent.
3. Add chicken and cook until brown, about 3 minutes.
4. Add cauliflower and sauté until almost tender, making sure it is not mushy soft. Add the peas and carrots and stir until combined. If using fresh carrots, cook for about 2 minutes, otherwise proceed to the next step.
5. Add the beaten egg, soy sauce, sesame oil and black pepper. Stir until the egg coats all of the cauliflower and becomes cooked.
6. If needed, add additional kosher salt to taste. Add green onions and stir until everything is combined.
7. Serve warm.

Source: Best Recipe Box (https://bestrecipebox.com/chicken-cauliflower-fried-rice/)

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