



# Cauliflower Fried Rice

## Ingredients

- ½ cauliflower
- 1 tsp olive oil
- 1 tsp garlic
- 1 brown onion
- 1 egg, whisked
- 80g skinless chicken breast
- Diced shallots (3 stalks)
- ½ cup salt reduced corn kernels

## Method

- Using half a cauliflower, remove the outer greens and rough chop florets and stalks.
- Place a quarter of the roughly chopped cauliflower into a food processor or blender and pulse until the cauliflower becomes fine and similar to couscous.
- Heat one teaspoon of olive oil in a fry pan and place roughly chopped onion and garlic, cook until browned.
- Cook diced chicken until seared on the outside.
- Whisk an egg and pour over the pan. Use the spatula to turn the egg until cooked.
- Add cauliflower rice and cook until soft.
- Add corn and shallots and cook on low heat for 5 minutes.
- Serve whilst hot and garnish with herbs or spices.

To increase vegetable intake, add capsicum, carrot, zucchini or any vegetable of your choice.

Recipe adapted from: [Taste.com.au](http://Taste.com.au)

## Nutrition Information

	Cauliflower Fried Rice	Takeaway Fried Rice
Kilojoules	1672kJ	2284kJ
Total Fat (g)	11g	7.7g
Saturated Fat (g)	2g	2.3g
Sodium (mg)	191mg	2179mg
Total Carbohydrates	26g	86.5g
Protein	42g	27.8g
Dietary Fibre	11g	0





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