

TIME POOR CAULIFLOWER RICE

10 minutes

4 portions

INGREDIENTS

- 1 tbsp of oil, coconut (14 g)
- 1 tbsp of minced garlic(8 g)
- 1 packet of stirFry Vegetable Mix (Rainbow or Superfood) (250 g)
- 1 packet of Birds Eye Cauliflower Rice (500 g)
- 2 large units of egg, whole, raw, fresh (100 g)
- 1 cube of chicken stock cubes, dry (5 g)
- 2 tbsps of soy sauce (tamari) (36 g)
- 1 tsp of curry powder (2 g)

COOKING METHOD

- 1° On mod-high heat in a pan or wok add oil and garlic and saute for 1 minute until fragrant
- 2° Add one bag of Vegetable Stirfry Mix and saute for 3 mins.
- 3° Add cauliflower rice and mix and cook until well combined for about 5 mins on high heat so any moisture from veggies evaporate.
- 4° Push mix to the side and crack in eggs. After 30 seconds, scramble eggs in pan and then mix through rice.
- 5° Crush chicken stock cube into rice and add tamari and curry powder. Season with salt and pepper.
- 6° Cook until all moisture dries up and then serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (229 g)	% DRI
ENERGY	51 kcal	117 kcal	6 %
FAT	3 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	41 mg	93 mg	31 %
SODIUM	380 mg	869 mg	36 %
CARBOHYDRATE	2 g	5 g	2 %
SUGARS	1 g	2 g	—
FIBER	0 g	0 g	2 %
PROTEIN	4 g	8 g	—