

## Cauliflower Fried Rice

**Makes:** Servings 6

### Ingredients

¼ cup sesame oil, divided into 2  
4 cups cubed pork loin  
6 spring onions (scallions), sliced  
1 large carrot, cubed  
2 cloves garlic, minced  
20oz shredded cauliflower (1 large head approx.)  
6 tablespoons soy sauce  
2 eggs, beaten



### Instructions

Heat two tablespoons sesame oil in a wok over medium-high heat cook and stir pork in hot oil until lightly browned on all sides and cooked through, 7 to 10 minutes. Transfer meat to a plate.

Heat remaining 2 tablespoons sesame oil the wok. Saute spring onions, carrot, and garlic in hot oil until just softened, about 3 to 4 minutes. Add cauliflower; cook and stir until cauliflower had a tender but firm to the bite, 4 to 5 minutes.

Stir pork and soy sauce into cauliflower mixture and stir-fry until mixture is hot and slightly browned, 3 to 5 minutes.

Move pork-cauliflower mixture to one side of the wok; pour beaten eggs onto empty side. Scramble eggs until cooked through, 3 to 5 minutes; stir cooked eggs into the pork-cauliflower mixture, breaking up any large chunks.

### Nutrition information:

Each Serving:

Kcal	346
Fat	18g
Net Carbs	10g
Protein	33g