

Cauliflower Fried Rice | Keto & Vegan-Friendly

Swick

Serves 4 | Active Time: 30 minutes | Total Time: 40 minutes

Step 1: Preparing Your Mise en Place

- 1 - 350 gr pkg firm tofu, pressed and broken into bite-sized pieces
- 1 medium-sized head cauliflower, cored and cut into large pieces
- 4 tbsp minced garlic
- 2 tbsp minced ginger
- 1 jalapeño, minced
- 1 cup small-diced carrots (approx. 2 carrots)
- 1 cup green bean, cut on the bias into small pieces
- 1/2 cup peas, defrosted if frozen
- 1/4 cup thinly sliced green onions
- 1/3 cup toasted cashew nuts
- 3 tbsp soy sauce (or tamari)
- 2 tbsp cooking oil

When stir-frying, it's very important to have your mise en place ready and laid out in the order in which you are going to use it.

Note that the ingredients used here are not set in stone. For instance, if you want to leave out the green beans and add some diced celery instead, feel free to do so.

For the tofu, it is best if it is crumbled into bite-sized pieces; however if you would rather dice it, that is fine too. Also, note that extra-firm tofu will also work for this recipe.

For the cauliflower, working in batches, place the pieces into a food processor and pulse until you reach a rice-like texture. For the best results, use the large grater attachment on your food processor and feed the pieces of cauliflower through the top — this produces a more rice-like texture. When done, you should have about approximately 6 cups of cauliflower rice.

Once all of your mise en place is ready and in order, you can cook the dish.

Step 2: Cooking the Dish

- sesame seeds, for garnish
- 1 to 2 tbsp toasted sesame oil, or as needed
- sambal oelek, to taste

To cook the dish, heat a large wok over medium-high heat. Note that a large-fry pan can be used to cook the dish, but a wok provides good color and nice wok hay.

Once hot, add about a tablespoon of oil, followed by the tofu. Let the tofu cook for a minute or two and then toss and continue to cook it until it is crispy and golden on the outside.

Next, add the garlic, ginger, and jalapeño and let cook for another 30 seconds or so.

At this point, remove the ingredients from the wok and set aside.

Next, cook the remaining ingredients, starting from hardest to softest. The cooking of this dish really comes down to the size of your wok (or fry-pan) and how hot your stovetop gets. We typically cook each ingredient separately and then toss everything together at the last minute.

The last thing cooked is generally the cauliflower rice and the peas. To cook the cauliflower, follow the same procedure — heat the wok, add the oil, followed by the cauliflower. Let cook for a minute or two before tossing touching it. This will help to give it nice color. Then toss and add the peas and let cook for another minute or so, or until the ingredients are just cooked through.

Next, soy sauce, cashew nuts, and green onions and toss to combine. If desired, add a tablespoon or so of sambal oelek

Once everything has been cooked, either add everything back to the wok (or frypan) or add it all to a large bowl and gently toss to combine the ingredients. Serve immediately.

Chef's Notes

Not only is this dish really delicious, but it also happens to be gluten-free, low in fat and carbs and any leftovers are equally delicious the next day.

If desired, serve with Roasted Asian Style Broccoli.