

Salt and Serenity

Cauliflower Chicken Fried "Rice"

Recipe adapted from chatelaine.com

Serves 4

- 1 medium cauliflower, cut into florets
- 1 **teaspoons** vegetable oil
- 3 eggs, beaten
- 1 teaspoon sesame oil
- 1 teaspoon vegetable oil
- 3 skinless, boneless chicken thighs, diced into ¼ inch pieces
- 4 garlic cloves, minced
- 8 shitake or white button mushrooms, cut into quarters
- 4 spears asparagus, cut into ½ inch slices
- 1 jalapeno pepper, seeded and finely minced (optional)
- 1 **cup** frozen peas
- 1 cup of fresh corn kernels (cut from 1 ear of corn), or 1 cup frozen corn
- 1 red bell pepper, diced
- ½ **teaspoon** salt
- 2 **Tablespoons** soy sauce
- 1 **Tablespoon** hoisin sauce
- 3 green onions, thinly sliced

1. Place half the cauliflower florets in a food processor and pulse about 7-10 times until it resembles rice. Transfer to a large bowl. Repeat with second half of cauliflower.
2. **Heat** a 12-inch non-stick frying pan over medium-high. Add 1 teaspoon vegetable oil, then eggs. Stir often until eggs are softly set, 1 to 2 min. Transfer to a small bowl.
3. **Add** 1 teaspoon sesame oil and 1 teaspoon vegetable oil to pan. Add chicken and garlic. Cook until no pink remains, about 3-4 minutes. Add mushrooms, asparagus, jalapeno, peas, corn, bell pepper and salt. Cook, stirring often, until vegetables are tender, 5 to 6 minutes.
4. Stir in cauliflower. Cook for 2 minutes, until heated through. Add eggs, soy and hoisin. Season with fresh pepper. Sprinkle with green onion.