

# BEEF AND CAULIFLOWER FRIED RICE



## SERVING SIZE

2



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef, 90% Lean	1 Lb.	Garlic Cloves , Minced	2
Black Pepper	½ Tsp.	Minced Fresh Ginger	1 Tbsp.
To taste Kosher	To Taste	Bunch Scallions, Sliced, White and Green Separated	1
To taste Sea Salt	To Taste	Red Bell Pepper Diced	1 Cup
Medium Head Cauliflower	1	Sesame Oil	1 Tbsp.
Eggs, Beaten	2	Low Sodium Soy Sauce	2 Tbsp.
Olive Oil, Divided	2 Tsp.		



## PREPARATION

- Wash the cauliflower and pat it dry. Cut it into florets and pulse in a food processor until it resembles rice. Set aside.
- Heat 1 tsp. olive oil in a large skillet over medium-high heat.
- Add the ground beef, season with black pepper, kosher salt, and sea salt. Cook, until browned and cooked through. Transfer the cooked beef to a plate and set aside.
- In the same skillet, add the beaten eggs. Scramble them until fully cooked, then transfer them to the plate with the beef.
- Add the remaining tsp. olive oil to the skillet. Sauté the garlic, ginger, and the white parts of the scallions until fragrant.
- Add the diced red bell pepper to the skillet and stir-fry for another 2 minutes.
- Add the cauliflower rice to the skillet. Stir-fry for about 5 minutes, or until the cauliflower is tender but not mushy.
- Return the cooked beef and scrambled eggs to the skillet with the cauliflower rice. Stir well to combine.
- Drizzle sesame oil and soy sauce over the mixture. Stir well to evenly distribute the flavors. Cook for another 2 minutes to heat everything through.
- Add the green parts of the scallions and give everything a final stir.
- Enjoy!