

PORK FRIED CAULIFLOWER RICE



SERVING SIZE

4



INGREDIENTS

ITEM

Sesame Oil
Lean Ground Pork
Green Cabbage, Shredded
Red Bell Pepper, Grated
Green Onions, Chopped

QUANTITY

2 Tsp.
1 Lb.
2 Cups
½ Cup
4

ITEM

Garlic Cloves, minced
Fresh Ginger, minced
Cauliflower Rice
Soy Sauce
Salt and Pepper

QUANTITY

4
2 Tsp.
4 Cups
2 Tbsp.
To Taste



PREPARATION

- Heat sesame oil in a large skillet or wok over medium-high flame.
- Add ground pork, season lightly with salt and pepper, and cook until browned, breaking it into crumbles as it cooks.
- Stir in cabbage, red bell pepper, and green onions. Cook for 4-5 minutes until vegetables begin to soften.
- Add garlic and fresh ginger, sauté for 1-2 minutes until fragrant.
- Stir in cauliflower rice and soy sauce. Cook for 5-6 minutes, stirring frequently, until the cauliflower rice is tender and well-coated with flavors.
- Taste and adjust seasoning with more salt, pepper, or soy sauce if desired.
- Serve hot. Enjoy!