

# Cauliflower Fried Rice

workstation:

## Equipment

Food Processor  
Chopping board  
Non slip mat  
Tongs  
Frypan  
Measuring cups  
Measuring spoons  
Grater  
Whisk

## Ingredients

1 head of cauliflower  
1 ½ tbsp of sesame oil  
1 cup of spring onion chopped finely  
1 cup of grated carrot  
1 cup of frozen peas and corn  
2 cloves of garlic minced  
2 eggs lightly beaten  
3 tablespoons of soy sauce  
1 cup of bean sprouts  
2 grinds of pepper

## Method

1. **Chop** the cauliflower into pieces
2. **Place** the cauliflower into the food processor and blitz, cauliflower should resemble breadcrumbs (be careful to not blitz to long or cauliflower will become gluggy when fried) put aside for later
3. **Heat** the frypan and add ½ a tbsp of oil
4. **Fry** the beaten egg until scrambled, **remove** from pan and put aside for later
5. **Put** remaining oil into frypan and heat
6. **Add** garlic and spring onion fry for a few minutes until spring onion softens, do not burn
7. **Add** carrot, peas and corn to frypan, combine and fry for a few minutes
8. **Add** cauliflower and soy sauce a small amount at a time and fry
9. Keep **adding** until all ingredients in frypan are well combined
10. **Add** precooked eggs and combined to other ingredients
11. **Add** pepper and bean sprouts combine and fry for a few minutes
12. **Serve** straight away