

RECIPE

Cauliflower Pork Fried Rice



Ready in **15-20 minutes**

Makes **2 servings**

#high fiber #low carb

Ingredients

- 1 ½ tbsp avocado oil
- 2 eggs
- 8 oz lean ground pork
- 3 garlic cloves, chopped
- 2 scallions, sliced
- 2 tsp fresh ginger, chopped
- 3 cups cauliflower rice (frozen is fine)
- 1 cup peas
- 1 cup corn
- 1 cup carrot, chopped
- 2 tsp sesame oil
- 1-2 tbsp low-sodium soy sauce

Preparation

1. Heat ½ tbsp avocado oil in a non-stick skillet. Add eggs. Scramble in the pan, cook through and then remove from heat.
2. Add 1 tbsp oil. Once hot, add pork, garlic, scallion and ginger. Cook, breaking up pork with a wooden spoon, ~5 minutes until pork is cooked through and you can really smell the aromatics.
3. Add the rest of your ingredients *except the egg*. Combine gently and cook until heated through. Add back in egg. Serve and enjoy!