

Avocado Oil Fried Rice

Prep time: 15 minutes

Ingredients:

- 1 head cauliflower
- 3 tablespoons extra-virgin avocado oil
- 4 green onions, sliced
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- 1 carrot, peeled and diced
- 1/2 cup frozen peas
- 2 eggs, beaten
- 2-3 tablespoons coconut aminos or soy sauce

Directions:

Chop the cauliflower and put in a food processor and pulse until it's the size of rice, or alternatively leave the head whole and grate on a box grater. Set aside.

Heat the avocado oil in a wok or large skillet. Add about half the green onions, garlic, and ginger, and cook for 1 minute. Add the carrots and peas, and cook for 3-4 minutes, until softened. Stir in the eggs and cauliflower and cook, stirring until eggs are cooked through and scrambled throughout. Stir in the coconut aminos or soy sauce, stir until heated through and serve.