Savory Cauliflower Fried Rice Bowl

Low-carb cauliflower fried rice stir-fried with eggs and crisp veggies for a protein-packed, flavorful meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 20 minutes

Ingredients

- 12 oz riced cauliflower
- 2 large eggs
- 1/2 cup diced carrots
- 1/2 cup frozen peas, thawed
- 1/4 cup diced green onions
- 2 cloves garlic, minced
- 1 tablespoon soy sauce (low sodium)
- 1 teaspoon toasted sesame oil
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add minced garlic and diced carrots; sauté for 3 minutes until slightly tender.
3. Push veggies to the side and scramble the eggs in the skillet until fully cooked.
4. Add riced cauliflower and frozen peas to the skillet; stir to combine all ingredients.
5. Pour soy sauce and sesame oil over mixture; cook, stirring frequently, for 5-7 minutes until cauliflower is tender but not mushy.
6. Season with salt and pepper, then stir in green onions before removing from heat.
7. Serve warm, dividing equally between two bowls.

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