Savory Cauliflower Rice & Tofu Stir Fry

Low-carb cauliflower rice stir-fried with crispy tofu and colorful veggies for a protein-packed, flavorful meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 14 oz firm tofu, pressed and cubed
- 4 cups riced cauliflower
- 1 cup broccoli florets
- 1/2 cup red bell pepper, diced
- 1/2 cup shredded carrots
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1 teaspoon chili flakes (optional)
- 2 green onions, sliced
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add tofu cubes; cook until golden and crispy on all sides, about 6-8 minutes. Remove and set aside.
3. In the same skillet, add sesame oil and sauté garlic and ginger until fragrant, about 1 minute.
4. Add broccoli, bell pepper, and carrots; stir fry for 4-5 minutes until veggies are crisp-tender.
5. Add cauliflower rice; stir well to combine and cook for another 3-4 minutes.
6. Return tofu to the skillet. Pour in soy sauce and chili flakes if using; stir everything together.
7. Cook for another 2 minutes, allowing flavors to meld.
8. Season with salt and pepper to taste. Garnish with sliced green onions before serving.

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