

Sarah's Healing Touch

Chicken & Cauliflower “Fried Rice”

This dish is very yummy and can be a complete meal by itself. If you're trying to think of something to serve with it, I personally like to serve it with pot stickers

Ingredients:

- 1 pound of ground chicken
- 1 T. Tamari Sauce +4 T.
- 2 t. Brown Rice Vinegar
- 2 minced garlic cloves
- 1 large head of cauliflower
- 1 C. frozen peas
- 3 carrots peeled and diced
- 3 large eggs
- 6 green onions sliced
- Coconut oil

Directions:

Combine 1 T. Tamari Sauce, vinegar, and garlic cloves with the ground chicken and let sit at room temperature while preparing other items.

Wash head of cauliflower and cut into pieces and pulse in blender or food processor until the cauliflower is the size of rice. Will take several batches to do so.

Heat Wok or skillet and coat with coconut oil. Dump the peas and carrots in the wok/skillet and cook until tender then remove from pan and set aside.

Add more coconut oil to the wok/skillet to coat. Place chicken in skillet and cook breaking up into small pieces until cooked through, 5-7 minutes. Remove chicken from pan.

Add a generous amount of coconut oil back to the pan (2 T.) and add the cauliflower and additional 4 T. of Tamari. Stir constantly until cauliflower is hot and coated well with the Tamari. Make a well in the center of the pan, crack the eggs and pour them into the well. Stir the eggs in the middle of the pan until scrambled, and then stir in the cauliflower. Add the peas, carrots, green onion, and chicken. Stir for 2 minutes until all ingredients are incorporated and hot.

Enjoy!

Rejuvenate Refresh Relax