




# CAULIFLOWER FRIED RICE

 2 servings  Prep:15 mins  Cook 15 mins



## INGREDIENTS

- 1 Tau Kwa, diced
- 1 tbsp Sesame Oil
- 2 cloves Garlic, minced
- ½ Large Carrot, cubed
- ¼ cup Peas
- 300g pack instant cauliflower rice
- 1 tbsp Soy Sauce
- 7.5g Spring Onions, chopped

## METHODS

1. Place heavy plate on the tau kwa on a few paper towels and press for at least 15mins.
2. Add in the tau kwa and stir fry till brown. Scoop out the tau kwa into a bowl.
3. Add ½ tbsp sesame oil into a medium-heated pan and add the garlic and carrots. Stir fry till fragrant.
4. Add in the cauliflower rice, peas, and remaining sesame oil. Stir fry for 5 mins.
5. Add in the tau kwa, soy sauce, and spring onions. Stir fry for another 4 mins. Serve hot!



MEATLESS  
MONDAY



< 500 KCAL  
DISHES

### Nutrition Information (per serving)

Energy 271kcal, Carbohydrate >15.9g, Protein 18.9g, Fats 13.4g, Saturated Fats 2.1g, Polyunsaturated Fats >2.9g, Monounsaturated Fats >2.75g, Cholesterol 0mg, Dietary Fibre 10.3g, Sodium 564.4mg, Potassium >213.4mg, Phosphate >37.2mg

