



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Cauliflower**

Cauliflower Fried Rice

Ingredients:

1 large head of cauliflower
3 Tbs soy sauce
3 Tbs sesame oil
½ cup peas and diced carrots

Directions:

Using a cheese grater, grate the sections of cauliflower to resemble rice. The following steps will go quickly and your cauliflower fried rice should be ready within 3-4 minutes.

Heat a wok or large sauté pan at high heat. Add the sesame oil and soy sauce. Heat for 15 seconds. Add the riced cauliflower. Using a heat tempered spatula quickly sauté the riced cauliflower coating with the sesame oil and soy sauce as you sauté. Cook until rice is tender, about 2 minutes. Add the peas and carrots. Cook for another minute.

*For chicken fried (cauliflower)rice, take 2 chicken thighs cut into bite sized pieces. Using a tablespoon of sesame oil, cook the bite sized chicken pieces thoroughly in the wok. Once cooked transfer to a plate and set aside. Remove wok from heat and continue with the steps in this recipe. Add your chicken along with the peas and carrots to your cauliflower rice mixture.