

Cauliflower Rice

Learn how to make healthy cauliflower rice in 20 minutes! This low-carb, keto-friendly rice substitute is perfect with Asian flavors, vegetables, and protein.

40 min
PREP

20 min
COOK

1h
TOTAL

8
SERVINGS

Medium
DIFFICULTY

Cauliflower Rice

Ingredients

- 1 kg cauliflower
- 1 tbsp sunflower oil
- 2 egg
- 1 cup scallion
- 4 tbsp soy sauce
- 3 clove garlic
- 1 tbsp fresh root ginger
- 2 green pepper
- 1 tbsp granulated sugar
- 1 cup pea
- 1 cup carrot
- 1 cup green bean
- 1 tsp rice vinegar
- 1 tsp roasted sesame oil
- 1 cup peanut
- 3 slice bacon
- 1 tsp salt

Instructions

- 1 Prepare the cauliflower rice**

Cut 1 kg cauliflower into small florets, removing leaves and thick stems. Pulse in a food processor in batches until pieces are rice-sized, about 10-15 pulses per batch.
- 2 Cook the aromatics**

Heat 1 tablespoon oil in a large wok or skillet over medium-high heat. Add 3 minced garlic cloves and 1 tablespoon minced ginger. Stir-fry for 30 seconds until fragrant.
- 3** Add 2 diced eggs to the pan and scramble for 1-2 minutes until just set but still slightly wet. Transfer to a plate and set aside.

- 4 Add remaining 4 tablespoons oil to the same pan. Add 1 cup diced carrots, 1 cup green beans, and 1 cup peas. Stir-fry for 2-3 minutes until vegetables are bright and slightly tender.
- 5 Add the cauliflower rice to the pan and stir to combine. Cook for 4-5 minutes, stirring frequently, until cauliflower is tender but still has a slight bite.
- 6 Add 1 teaspoon salt, 1 teaspoon sugar, and 1 cup chicken broth. Stir well and cook for 2-3 minutes until liquid is mostly absorbed.
- 7 Return scrambled eggs to the pan along with 3 slices chopped bacon. Add 1 teaspoon sesame oil and stir gently to combine and heat through, about 1 minute.
- 8 Taste and adjust seasoning with additional salt if needed. Serve immediately while hot.

Tips

Use fresh cauliflower rather than pre-packaged cauliflower rice when possible - it provides better texture and flavor, and you control when it was processed.

Don't over-process the cauliflower in the food processor. Work in small batches and pulse briefly to achieve rice-sized pieces without turning it into mush.

Pat the cauliflower rice dry with paper towels before cooking to remove excess moisture, which helps prevent sogginess and ensures better browning.

Cook over medium heat and don't overcook - cauliflower rice should be tender-crisp, not soft and mushy. Remove from heat as soon as it's heated through.

Since soy sauce is naturally salty, add it first and taste before adding additional salt to avoid over-seasoning the dish.

Use minimal oil when cooking to keep the dish healthy. A spray bottle can help you control the amount of oil used throughout the cooking process.

Add delicate ingredients like eggs and herbs at the end of cooking to prevent overcooking and maintain their texture and color.

For extra flavor, toast the cauliflower rice in a dry pan for 1-2 minutes before adding oil and other ingredients.