

DINNERLY



Cauliflower Fried Rice with Fried Eggs



20-30 minutes



2 Servings

Give classic fried rice a makeover. This vego version with brown basmati and quinoa, aromatic Thai spices and runny fried eggs is downright delicious.

WHAT WE SEND

- 10g Thai seasoning ¹⁷
- 425g can baby corn spears
- 250g brown basmati rice and quinoa
- 150g green peas
- 1 carrot
- 250g cauliflower

WHAT YOU NEED

- eggs ³
- garlic clove
- soy sauce ⁶
- vegetable oil

TOOLS

- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

The Thai seasoning includes chilli flakes. If you prefer less heat, add to taste, bearing in mind it will affect the overall flavour of the dish. The remaining seasoning won't be used in this dish.

ALLERGENS

Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

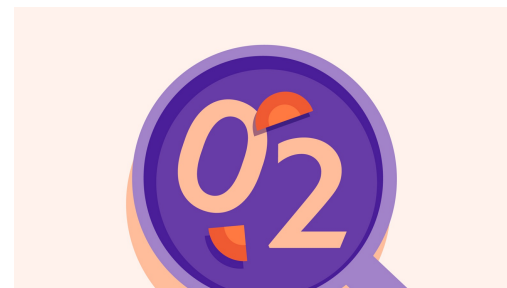
NUTRITION PER SERVING

Energy 835kcal, Fat 31.1g, Carbs 99.6g, Proteins 29.2g



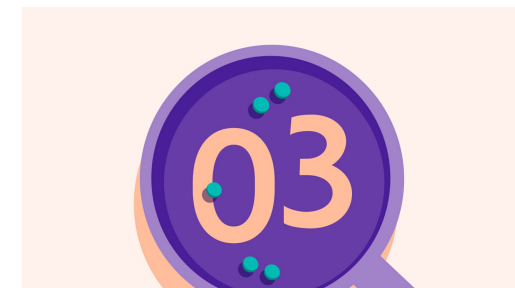
1. Prep vegetables

Trim the **cauliflower**, then cut the head into small florets and the stem into 1-2cm chunks. Crush or finely chop **2 garlic cloves**. Peel and coarsely grate the **carrot**. Drain **half the baby corn spears** (the remainder won't be used in this dish) and halve on an angle. Drain and rinse the **peas**.



2. Cook cauliflower

Heat **1½ tbs vegetable oil** in a deep frypan over medium-high heat. Stir-fry the **garlic** and **2 tsp of the Thai seasoning** (see Cooking Tip) for 30 secs or until fragrant. Add the **cauliflower** and **carrot** and stir-fry for 3 mins or until slightly softened.



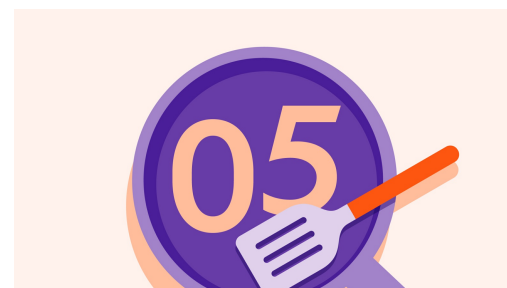
3. Add rice and quinoa

Squeeze the packet of **brown basmati rice and quinoa** to loosen the grains, then add to the pan with the **peas** and **corn**. Stir-fry for 1-2 mins until warmed through. Add **1½ tbs soy sauce** and stir to combine. Transfer the fried rice to a bowl and cover to keep warm.



4. Fry eggs

Wipe the frypan clean with paper towel. Heat **1 tbs vegetable oil** over medium heat. Break **2 eggs** into the pan and cook for 2-3 mins until the base is golden, but the yolk is still soft.



5. Serve up

Divide the **cauliflower fried rice** among bowls and top with the **fried eggs**.



6. Make it yours

Take it up another notch by tossing through thinly sliced spring onion or serve with sriracha chilli sauce.