

# DINNERLY



## Cauliflower Fried Rice with Fried Eggs



20-30 minutes



4 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

- 500g cauliflower
- 10g Thai seasoning <sup>17</sup>
- 425g baby corn spears
- 250g brown basmati rice and quinoa
- 300g green peas
- 2 carrots

## WHAT YOU NEED

- eggs <sup>3</sup>
- garlic clove
- soy sauce <sup>6</sup>
- vegetable oil

## TOOLS

- paper towel

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

## COOKING TIP

Thai seasoning includes a few chilli flakes. If you prefer less heat, add to taste, bearing in mind it will affect the overall flavour of the dish.

## ALLERGENS

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

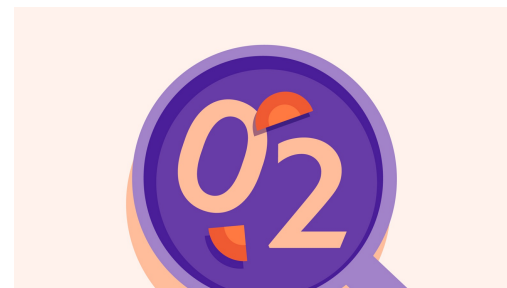
## NUTRITION PER SERVING

Energy 810kcal, Fat 28.3g, Carbs 99.6g, Proteins 29.3g



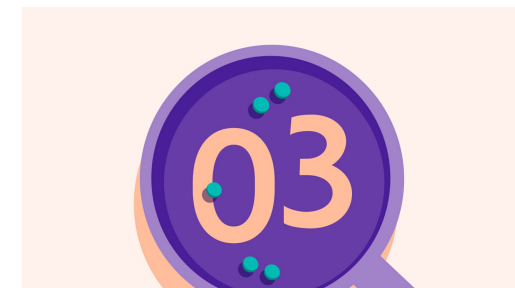
### 1. Prep vegetables

Trim the **cauliflower**, then cut the head into small florets and the stem into 1-2cm chunks. Crush or finely chop **3 garlic cloves**. Peel and coarsely grate the **carrots**. Drain the **baby corn spears** and halve on an angle. Drain and rinse the **peas**.



### 2. Cook cauliflower

Heat **2 tbs vegetable oil** in a large deep frypan over medium-high heat. Stir-fry the **garlic** and **1 tbs 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.



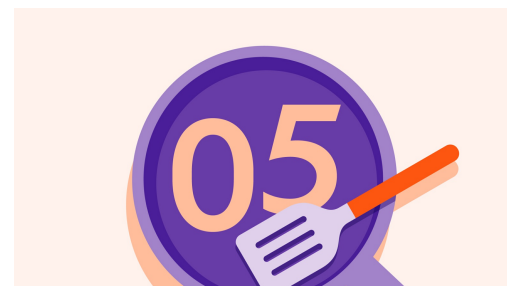
### 3. Add rice and quinoa

Squeeze the packets 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 **60ml (1/4 cup) 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 **2 tbs vegetable oil** over medium heat. Break **4 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.