

DINNERLY



Cauliflower Fried 'Rice' with Spring Onion Omelette



20-30 minutes



2 Servings

Whoever thought of swapping cauliflower for rice was a genius - even if you're not avoiding carbs, you'll love this lighter, fresher, faster take on a beloved Chinese favourite.

WHAT WE SEND

- 500g cauliflower
- 150g corn kernels
- 1 spring onion
- 1 zucchini
- 10ml sesame oil ¹¹
- 150g peas

WHAT YOU NEED

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

TOOLS

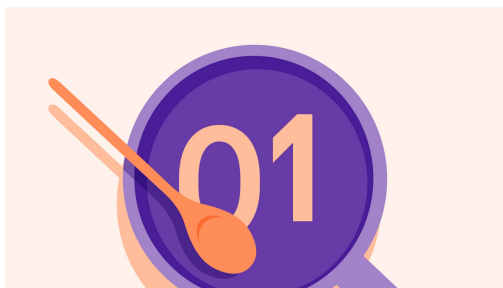
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

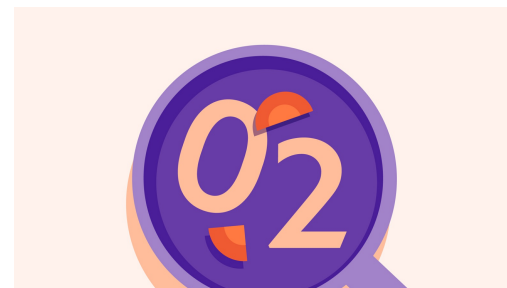
NUTRITION PER SERVING

Energy 435kcal, Fat 23.9g, Carbs 28.0g, Proteins 19.9g



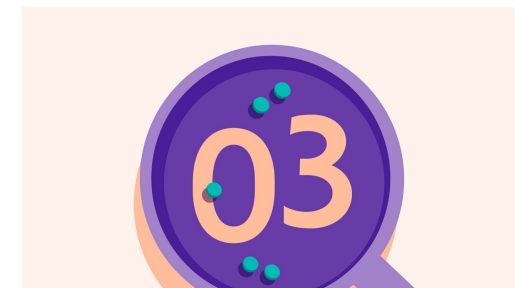
1. Prep veggies

Cut the **cauliflower** into large chunks, then coarsely grate (alternatively, process to a coarse crumb in a food processor). Grate the **zucchini**, then squeeze out the excess liquid. Crush or finely chop **1 garlic clove**. Trim and thinly slice the **spring onion**.



2. Cook omelette

Put **2 eggs**, **half the spring onion**, **2 tsp soy sauce** and **1 tsp of the sesame oil** in a small bowl and whisk to combine. Heat **2 tsp vegetable oil** in a wok or deep frypan over medium heat. Add the **egg mixture**, swirling to coat the base of the pan, and cook for 2 mins or until set on the bottom. Remove from the pan, roll up and slice.



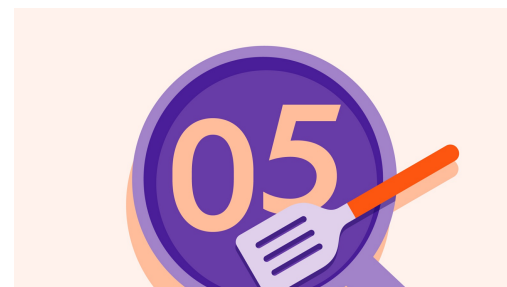
3. Stir-fry veggies

Heat **1 tbs vegetable oil** in the wok over high heat. Stir-fry the **garlic** and **remaining spring onion** for 1-2 mins until soft. Add the **grated cauliflower** and stir-fry for 5-7 mins until lightly golden. Add the **zucchini**, **peas** and **corn** and stir-fry for a further 3-5 mins until the zucchini is tender.



4. Make sauce

Meanwhile, put **1½ tbs soy sauce**, the **remaining 1 tsp sesame oil** and **½ tsp honey** in a small bowl, season with **salt and pepper** and whisk to combine.







5. Serve up

Pour the **sauce** over the cauliflower mixture and stir-fry for 3 mins or until warmed through. Divide the **cauliflower 'rice'** among bowls and top with the **sliced omelette**.



6. Make it yours

Throw grated carrot in with the cauliflower and add even more colour (and veggies) to this wholesome meal.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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