

# DINNERLY



## Cauliflower Fried 'Rice' with Spring Onion Omelette



20-30 minutes



4 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

- 20ml sesame oil <sup>11</sup>
- 300g corn kernels
- 500g cauliflower
- 2 zucchini
- 2 spring onions
- 300g peas

## WHAT YOU NEED

- eggs <sup>3</sup>
- garlic clove
- Australian honey
- soy sauce <sup>6</sup>
- 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.

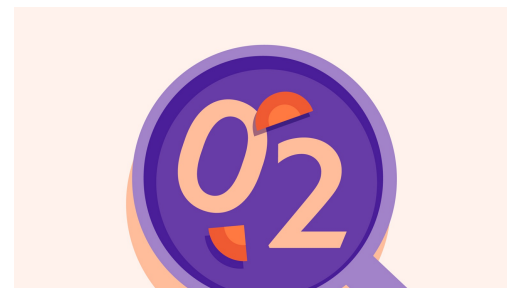
## NUTRITION PER SERVING

Energy 420kcal, Fat 23.0g, Carbs 28.0g, Proteins 18.5g



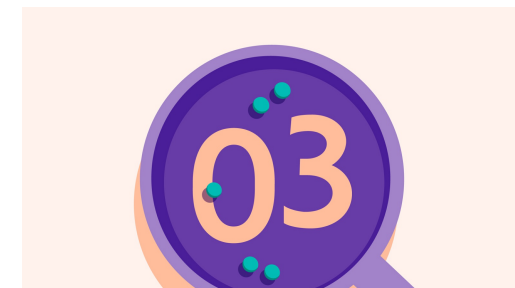
### 1. Prep veggies

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 **2 garlic cloves**. Trim and thinly slice the **spring onions**.



### 2. Cook omelette

Put **3 eggs**, **half the spring onion**, **1 tbs soy sauce** and **2 tsp of the sesame oil** in a small bowl and whisk to combine. Heat **1 tbs 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.



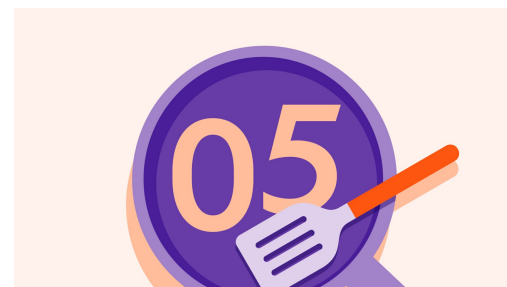
### 3. Stir-fry veggies

Heat **2 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 **60ml (¼ cup) soy sauce**, the **remaining 2 tsp sesame oil** and **1 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](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 **Packed in Australia**  
from at least **65%**  
Australian ingredients