CAULIFLOWER FRIED RICE
1 ½ cauliflower heads, separated into florets
1 onion finely chopped
2 tbsp olive oil
2 cloves garlic
½ tin corn kernels
2.5cm ginger,
grated
100g green beans
broccoli
florets
100g broccoli
4 eggs, whisked
2 tbsp soy sauce
1 handful of bean sprouts
2 spring onions, sliced
2 tbsp chopped coriander leaves
2 tbsp parsley
1 tbsp chopped mint leaves

1- Pulse the cauliflower in a food processor until it resembles rice.
2- Heat the olive oil in a pan over high heat and add the onion and
garlic and cook until softened. Stir in the broccoli, green beans and
ginger and cook for a few minutes.
3- Add the cauliflower and cook for 2-3 minutes, or until tender. Add
the egg, soy sauce, sprouts, corn, spring onion, chopped herbs and
some salt and pepper and cook for 2 minutes, or until everything is
heated through and well combined.

Add 2 potatoes
and 3 parsnips
cut into small
cubes and roasted
in the oven with
olive oil and
salt/pepper.