

Cauliflower Fried Rice with Kimchi and Eggs

Preparation time: 30 mins

Serves: 4 people

Categories:

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Dinner Recipes, Entertaining, Vegetarian



Ingredients

2 tbsp olive oil

3 cloves garlic, crushed

1 tbsp finely grated fresh ginger

2 x 300g packets cauliflower rice

500g packet frozen vegetable stir-fry

2 tbsp salt-reduced soy sauce

4 eggs

75g sugar snap peas, halved lengthways

⅓ cup small fresh coriander sprigs

⅔ cup store-bought kimchi, chopped (see note)

Method

1. Preheat oven to 220°C/200°C (fan-forced).
2. Heat oil in a large flameproof baking dish over medium-high heat. Cook garlic, ginger and cauliflower rice, stirring, for 2 minutes or until heated through. Add vegetable mix and soy sauce. Stir to combine. Remove from heat.
3. Make 4 small indents in the rice mixture. Crack eggs into indents. Bake for 12-15 minutes or until whites are set.
4. Meanwhile, place sugar snap peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until tender. Drain. Serve rice topped with sugar snap peas, coriander and kimchi.

Notes

600g cauliflower rice is equal to about 1 small head of cauliflower (1kg), trimmed and processed.

Some kimchi comes already shredded and won't require chopping.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
284g	967 ^{kJ} 231 ^{kcal}	13.8g	14.9g	2.8g	7.3g	6.2g
Sodium	Fibre					
738mg	6.8g					

All nutrition values are per serve.