Riced Cauliflower Stir Fry

Ingredients:

- 1 whole head of cauliflower
- 1/2 cup diced sweet onion
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1 tbsp diced garlic
- 1/2 tbsp diced ginger root
- 1 tbsp diced scallion
- 1/4 cup low sodium soy sauce (Tamari)
- 1/4 cup avocado oil
- Kosher salt and black pepper



Directions:

1. Clean the cauliflower and remove all green parts.
2. In a food processor, puree the cauliflower and set aside.
3. Dice the onion, carrot and celery.
4. Begin to sauté in a medium pan over a medium flame with salt and pepper.
5. Dice the garlic, scallion and ginger. Then add to the sauté pan.
6. Next add the cauliflower puree and sauté.
7. After 10 minutes add in the soy sauce and mix in.
8. Taste and season one final time, serve hot.

Watch the video here>>