

Chicken Fried Cauliflower Rice



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Servings: 2

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Protein	Fats	Carbs
4	0	2

A healthified version of the classic Chinese dish.

INGREDIENTS

2 tbs. coconut oil
1/2 lbs. chicken breast
1 c. cauliflower rice
1/2 c. frozen green peas
1/2 c. carrot
1 egg
2 tbs. coconut aminos

DIRECTIONS

Heat half of the coconut oil in a skillet over medium-high heat. Add chicken pieces and sauté until cooked through. Move chicken to a plate; set aside.

Heat remaining coconut oil in skillet. Add peas and carrots, and sauté for 1-2 minutes. Add cauliflower rice, and continue cooking for about 5 minutes.

Push the veggies aside, crack the egg in the middle of the pan, and scramble it. When the egg is cooked through, add the chicken back into the skillet. Add coconut aminos, mix everything together, and cook until everything is heated through. Serve warm.