

# Egg Cauliflower and Veggie Fried Rice with Peanut Satay



Preparation time: 35 mins  
Serves: 4 people  
User Rating: ★★★★★

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Categories: Vegetarian, Kid Friendly



## Ingredients

- 6 free range eggs whisked
- 1 tsp sesame oil
- 2 tsp coconut oil
- 6 Asian shallots, finely sliced
- 3 cloves garlic crushed or finely minced
- 2 cobs corn kernels (220g)
- 2 carrots (230g), washed and diced
- 1/2 red capsicum (100g), seeds removed and diced
- 1 head cauliflower grated or 3 cups cauliflower 'rice'
- 1/2 head (150g) broccoli, grated

- 2 cups cooked brown rice
- 2-3 tbsp tamari or gluten free soy sauce

#### PEANUT SATAY

- 1/2 cup natural peanut or cashew butter
- 1 1/2 tbsp lemon or lime juice
- 1 tbsp tamari
- 1/2 cup water or plant-based milk
- Optional: pinch of chilli flakes, fresh chopped coriander and peanuts to serve

### Method

1. Heat a large frypan or work on medium heat, add sesame oil to coat the pan, then add whisked eggs, pouring around the pan to create an even thickness in the omelette
2. Cook for 3 minutes each side, remove from pan, slice into small pieces, cover and set aside
3. Whisk together ingredients for peanut satay (if adding).
4. Add coconut oil to pan, followed by Asian shallots and garlic and cook for 2 minutes, then add carrots, capsicum, and grated cauliflower and broccoli, toss frequently and cook for 6-7 minutes or until tender
5. Add brown rice and tamari, toss and cook for a further 3-4 minutes or until rice is hot
6. Serve with peanut satay, chilli flakes and fresh coriander for adults and just as is for the kids

*Recipe by Jacqueline Alwill*

### Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
<b>544g</b>	<b>2760</b> kJ <b>660</b> kcal	<b>31.6g</b>	<b>32.1g</b>	<b>6.2g</b>	<b>54.4g</b>	<b>14.1g</b>	<b>1780mg</b>	<b>10.9g</b>

All nutrition values are per serve.