

# ZOË Fried Rice



## Ingredients:

- Frozen Cauliflower rice
- Vegetables of choice. Our recommendations:
  - Onion
  - Celery
  - Green beans
  - Zucchini
  - Bell Pepper
- 1 Egg
- Bragg's Liquid Aminos (soy sauce substitute)
- Broth
- Required Seasonings:
  - ZOË Pink Salt
  - Garlic Powder
  - Pepper
- Optional Seasonings:
  - Powdered Ginger
  - Onion Powder

## Prep Instructions:

- Prep vegetables of choice by dicing into small, 1/4in pieces
- Steam frozen cauliflower rice in microwave by following directions on the bag. Set aside to cool.
- Preheat nonstick skillet or wok on medium high heat.
- Add egg to skillet and cook until scrambled. Once scrambled, remove from skillet.
- Dice protein into 1/2in pieces and add to wok. Cook until done and remove from skillet.
- Add ½ tablespoon on vegetable broth to skillet. Add diced vegetables and stir for 1-2 minutes.
- Add in cauliflower rice and seasonings. Stir into vegetables. Reduce heat to medium and simmer for 5-8 minutes. The goal is to have as much water removed from the rice as well as finish cooking the vegetables.
- Stir in 1-2 tablespoons of Bragg's liquid aminos and eggs and protein.
- Remove from skillet and serve.