



Chicken Fried Cauliflower Rice



Ready in Serves **4 people**
 Calories **250** Serving **12.7oz.**
 Carb **18g** Fiber **4g**
 Protein **43%**
 Fat **32%**
 Carb **25%**

Ingredients

- 4 Chicken thighs, boneless
- 2 large Egg
- 1 cup Peas and carrots, frozen or canned
- 1 head Cauliflower
- 3/4 cup Pineapple chunks, fresh/canned
- ¼ cup Scallions
- One inch piece, Ginger root
- ¼ cup Soy Sauce, low sodium
- 2 tbsp Pineapple juice
- 2 Garlic cloves
- 2 tbsp Olive oil



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<https://www.youtube.com/channel/UCnkj6aTVI051FJ3H8hKBIdQ/playlists>

Preparation

1. **Rinse all fruits and vegetables thoroughly.**
2. **Cut the top and bottom off of the pineapple.** Standing the pineapple upright, carefully cut the skin off of the entire pineapple. With the pineapple still standing, continue to cut the fruit from the core. Then cut the fruit into bite size pieces. Set aside.
3. **Cut the scallions into small slices. Set aside**
4. **Peel the garlic cloves by gently crushing them with a cup.** Chop the garlic into small pieces (mince). Set aside.
5. **Cut a 1 inch piece off of the ginger root.** Remove the end, and then cut off the peel. Cut into slices and then mince. Set aside
6. **Using a paring knife,** remove the stem of the cauliflower. Cut into quarters. Use a cheese grater or pulse in the food processor, to make the “rice”.
7. **Rinse and pat dry the chicken thighs.** Then cut into bite size pieces.
8. **Heat a skillet to medium high heat and add ½ the olive oil.** Add the chicken and allow it to brown. Remove the chicken in a small bowl, add soy sauce and pineapple juice. Set aside.
9. **Heat the remaining olive oil in the skillet,** add the garlic and ginger. Cook for 1 minute.
10. **Add pineapple chunks, peas, carrots, scallions and cauliflower to the skillet.** Stir fry until the vegetables are tender, about 5 minutes.
11. **Push aside the fried “rice”,** add the eggs and scramble. Then mix together.
12. **Add the chicken and continue to stir fry for 5 minutes.** Serve hot.