

# DINNERLY



LOW CARB

LOW CALORIE

## Basil Cauliflower Fried "Rice" with Snow Peas



20-30min



2 Servings

When is fried rice not fried rice? When you replace regular rice with little bits of cauliflower. It's a healthy, low-carb way to fool your tastebuds and nobody will be mad about it—we promise! Basil and ginger infuse the dish with flavor while fresh snow peas add great crunch. We've got you covered!

## WHAT WE SEND

- cauliflower
- garlic
- fresh ginger
- snow peas
- fresh basil
- tamari pod <sup>6</sup>
- shelled edamame <sup>6</sup>

## WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- sugar

## TOOLS

- box grater
- nonstick skillet

## ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 420kcal, Fat 29g, Carbs 26g, Proteins 15g



### 1. Make cauliflower "rice"

Cut leaves from **cauliflower** and discard. Holding the stem end in your hand, grate cauliflower and its stem on the large holes of a box grater, creating small bits that resemble rice (about 4 cups).



### 2. Prep ingredients

Peel and finely chop **2 teaspoons garlic**. Peel and finely chop **1 tablespoon ginger**. Trim stem ends from **snow peas** and cut in half crosswise. Pick **basil leaves** from stems, tearing any large leaves into pieces. In a small bowl, combine **all of the tamari**, **2 tablespoons vinegar**, **1 tablespoon water**, and **2 teaspoons sugar**; stir to dissolve sugar.



### 3. Stir-fry veggies

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add **chopped garlic and ginger**, **snow peas**, and **edamame** to skillet, then cook, stirring frequently, until snow peas are crisp tender, about 2 minutes; season to taste with **salt**. Transfer to a bowl.



### 4. Cook cauliflower

Heat **1½ tablespoons oil** in same skillet over high. Add **riced cauliflower** and cook, stirring, until crisp tender, about 5 minutes. Add **tamari mixture** to skillet and cook, stirring, until liquid is evaporated, about 1 minute. Remove from heat, then stir in **veggies** and **half of the basil**. Transfer to plates and wipe out skillet.



### 5. Finish & serve

Heat **1 tablespoon oil** in same skillet over high. Crack **2 eggs** into skillet; season with **salt** and **pepper**. Cook until edges are browned and crispy and whites are just set, 1–2 minutes. Cover skillet and cook, 1–2 minutes (yolks should still be runny). Serve **basil cauliflower fried "rice"** topped with **fried eggs** and **remaining basil**. Enjoy!



### 6. Make it ahead!

Get ahead of the game and prep the cauliflower in advance. Even better, speed up the process by cutting the cauliflower into large pieces, then pulse in a food processor until it resembles the texture of rice.