

## Vegan Cauliflower Fried Rice

Hosted by: Michelle Zitt, FitLife Registered Dietitian

The Zone @ UC San Diego

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### Ingredients

- 1 lb. firm tofu, pressed and drained
- 1 medium sized head of cauliflower
- 2 tbs. sesame oil, divided
- 1 tbs. minced ginger
- 3 cloves garlic, minced
- 2 carrots, diced (about 1 cup)
- 1/2 cup peas, thawed if frozen
- 1/4 cup thinly sliced green onions
- 3 tbs. cashews
- 3 tbs. soy sauce
- Sesame seed for garnish



### Preparation

1. Press and drain the tofu (either by wrapping the tofu in paper towels and placing under a heavy object or by using a tofu press)
2. Lightly crumble tofu in a large bowl and set aside
3. Cut cauliflower into florets, discarding the inner core. Working in batches if needed, pulse the cauliflower in a food processor until it breaks down into rice-sized pieces. Set aside.
4. In a large wok, heat the sesame oil over medium heat. Add the ginger and garlic and lightly stir fry for 30 seconds-1 minute until just golden brown and fragrant. Add in the crumbled tofu and stir fry for 5 minutes, stirring often, until tofu is golden and cooked through.
5. Remove tofu from wok and add the remaining 1 tablespoon of sesame oil.
6. Add in the carrots and sauté until tender, about 2 minutes. Stir the peas, and cauliflower “rice” into the wok, mixing the ingredients thoroughly.
7. Cook, stirring often, until cauliflower is tender, 5-8 minutes. Stir in the cooked tofu, green onions, cashews, and soy sauce.
8. Garnish with sesame seeds, if desired.

### Recipe Notes

- This recipe yields four servings and takes approximately 30 minutes to prepare.
- To make a gluten-free dish, swap out the soy sauce for Tamari.