

# Cauliflower Fried "Rice"

Recipe By Naomi Nachman



Cooking and Prep:  20  
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Serves:  6

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free, Low Carb

Source: ArtScroll

With imitation Pesach soy sauce improving over the years, it's really nice to have Asian dishes on the menu for Pesach. Feel free to switch up the vegetables and use your favorites in place of those used here. This recipe is a great way to use up leftover chicken or meat. You can also omit the chicken or meat for a pareve side dish.

## Ingredients (13)

### Main ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 tablespoon fresh ginger, minced or 3 cubes **Gefen Frozen Ginger**
- 3 cloves garlic, crushed, or 3 cubes **Gefen Frozen Garlic**
- 2 medium carrots, diced (about 1 cup)
- 4 scallions, thinly sliced

- 2 tablespoons imitation soy sauce
  - 1/2 pound cooked meat, chicken, corned beef, or pastrami, shredded
  - 2 large eggs, beaten and scrambled in a small sauté pan
  - 1 batch cauliflower “rice,” prepared (use [Heaven & Earth Riced Cauliflower](#) if you're pressed for time)
  - 1/4 cup chopped almonds, or other nut (optional)
  - salt, to taste
  - pepper, to taste
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## Start Cooking

### Prepare the "Rice"

1. Heat olive oil in a sauté pan over medium heat. Add onion; sauté until soft, approximately five minutes. Reduce heat to low.
2. Add ginger, garlic, carrots, and scallions. Sauté on low until vegetables are soft, five to seven minutes.
3. Add soy sauce, meat, and eggs. Stir in cauliflower “rice” and nuts, if using. Season with salt and pepper to taste.

#### Note:

If you can't find frozen cauliflower, prepare this with fresh: Put two heads of cauliflower through the food processor, then place into a bowl and cover with water. Microwave or boil in a pot until soft, then drain and squeeze dry according to the instructions for frozen cauliflower.

### Acknowledgement

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