

JR. CHEF AFTERSCHOOL



SPRING VEGGIE STIR FRY WITH CAULIFLOWER RICE

Ingredients:

4 large eggs, whisked
Oil for coating
4 thick slices bacon, diced
1 red onion, sliced into half moons
6 to 8 cloves garlic, minced
2 tablespoons minced ginger
4 green onions
4 handfuls shiitake mushrooms, cleaned and stems removed, thinly sliced
6 cups cooked cauliflower rice
4 handfuls spinach, kale or swiss chard, stems removed and roughly chopped
10 ounces fresh or frozen peas
2 to 3 tablespoons Chinese soy sauce, plus more to taste
2 to 3 handfuls snow pea pods or broccoli
1 tablespoon sesame oil
1 tablespoon honey

Directions:

1. Begin by scrambling the whisked eggs in a large nonstick skillet or wok, lightly brushed with oil. Be careful not to overcook them. Remove the eggs and set aside in a bowl when just done.
2. Place the bacon in the skillet and cook over medium heat, tossing occasionally. When the bacon is browned, remove it with a slotted spoon and place in a separate bowl. Set aside.
3. Discard all but 2 tablespoons of the bacon grease and return the skillet to the heat.
4. Turn the heat to high and add the onion. Cook for 2 minutes, stirring until it is wilted and slightly translucent. Add the garlic cloves, ginger, and green onions. Cook, tossing, for another 2 minutes. Add the mushrooms and cook for another minute.
5. Add the cauliflower rice. If your pan is dry, add a drizzle of oil. Toss the rice to break up any clumps for 1 to 2 minutes.
6. Add the greens, fresh peas (unless you're using frozen peas), and soy sauce, then toss for another minute. Add the snow peas and frozen peas (if using) with the sesame oil and toss. Add the bacon and eggs back into the mixture and toss to distribute until everything is heated through. Add the honey, then taste for additional soy sauce.
7. Serve warm with your favorite Asian condiments.

BROUGHT TO YOU BY:

