

cauliflower fried rice with crispy tofu

author: [lindsay](#)

prep time: 15 minutes

cook time: 15 minutes

total time: 30 minutes

yield: 4



DESCRIPTION

Cauliflower Fried Rice! Healthy + clean fried rice made with cauliflower, carrots, onions, garlic, eggs, sesame oil and THE BEST baked crispy tofu. Vegetarian / vegan / gluten free.

INGREDIENTS

SCALE

Baked Tofu:

- 15 ounces **extra firm tofu**, pressed and cubed
- 1 tablespoon **olive oil**
- 1 tablespoon **soy sauce**
- 1 tablespoon **cornstarch**

Cauliflower Fried Rice:

- 1 medium-sized head of **cauliflower**, cut into florets
- swish of **olive oil**
- 2 **garlic cloves**, minced
- 1 knob of **ginger**, grated
- 2–3 cups **frozen peas and carrots** (or really any veggies you want)
- a lil bit of **soy sauce**
- a lil bit of **Sriracha**
- swish of **sesame oil**
- 3 beaten **eggs**
- **green onions** for topping

INSTRUCTIONS

1. **Tofu:** Preheat the oven to 450. Toss the tofu, olive oil, soy sauce, and cornstarch together. Arrange on a baking sheet lined with parchment paper. Bake for 20-30 minutes, stirring halfway through.
2. **Cauliflower:** Run the florets through the food processor, in batches, until they reach a rice-like consistency.
3. **Fried "Rice":** Heat your olive oil over medium heat. Add the garlic, ginger, peas, and carrots. When it's really sizzling, add the cauliflower, soy sauce, and Sriracha. Saute for just a minute or two, until the cauliflower barely softens.
4. **Egg:** Make a well in the middle of the hot pan. Add sesame oil and eggs, and gently pull the eggs around in the center with a spatula to make scrambled eggs. Once cooked, stir the scrambled eggs in with the fried rice.
5. **Done:** Serve it up, top with more Sriracha and green onions, and live your best life.

NOTES

The equipment section above contains affiliate links to products we use and love!

Eggs: DO NOT stir the eggs into the cauliflower before they're cooked. You want to cook them in the center first so that you get little chunks of scrambled eggs in the fried rice.

Serves 4

Calories Per Serving: 297

		% DAILY VALUE	
Total Fat 15.6g	20%	Cholesterol 139.5mg	47%
Sodium 325mg	14%	Total Carbohydrate 21.5g	8%
Dietary Fiber 6.8g	24%	Sugars 3.8g	
Protein 21.1g	42%	Vitamin A 396.8µg	44%
Vitamin C 80.1mg	89%		

Keywords: cauliflower fried rice, crispy tofu, healthy fried rice

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