

Pineapple, Beef & Ginger Stir-Fry with Cauliflower Rice



40 minutes | 2 servings

Find cookware

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Grab ingredients

½ medium head cauliflower	cauliflower
1 (1 inch) piece ginger root	ginger root
½ small bunch green onions (scallions)	green onions (scallions)
½ small pineapple	pineapple
¾ lb striploin (New York strip) steak	striploin (New York strip) steak
black pepper	black pepper
cornstarch	cornstarch
honey	honey
rice vinegar	rice vinegar
salt	salt
soy sauce	soy sauce
virgin coconut oil	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.

½ medium head cauliflower
½ small pineapple
1 (1 inch) piece ginger root
½ small bunch green onions (scallions)

- 2 Trim off the ends from the pineapple and cut off the skin, then cut lengthwise into 2 sections and cut out the cores; cut each section into bite-sized chunks and transfer to a medium bowl.

- 3 Peel and grate or mince the ginger; transfer to a small bowl.

- 4 Trim off and discard the stem end and leaves of the cauliflower; cut the head into larger pieces and, using a box grater, coarsely grate the pieces into rice-like texture.

- 5 Preheat a skillet over medium heat.

- 6 While the skillet heats up, trim off and discard the ends of the green onions; cut the onions crosswise into ¼-inch pieces at an angle and transfer to a small bowl.

- 7 Once the skillet is hot, add coconut oil and swirl to coat the bottom.

1 tbsp virgin coconut oil

- 8 Add the grated cauliflower to the skillet and season with salt and pepper; cook, stirring occasionally, until it has softened, 4 to 5 minutes. Once done, transfer to a bowl and tent with foil to keep warm.

½ tsp salt
¼ tsp black pepper

- 9 While the cauliflower cooks, pat dry the steak with paper towels, then thinly slice crosswise (against the grain) into bite-sized strips.

¾ lb striploin (New York strip) steak

- 10 Once the cauliflower has been transferred, increase the heat to medium-high.

- 11 Add more coconut oil and the steak slices to the skillet; cook, tossing occasionally, until the pieces are nicely browned, 3 to 4 minutes total. Once done, transfer to a bowl.

½ tbsp virgin coconut oil

- 12 While the steak cooks, in a small bowl, whisk together cornstarch with 2 tsp of water, then add soy sauce, rice vinegar, and honey and whisk again.

1 tsp cornstarch

2 tbsp soy sauce

½ tbsp rice vinegar

1 tsp honey

- 13 Once the steak has been transferred, add more coconut oil and the ginger to the skillet; cook until fragrant, 15 to 30 seconds.

½ tbsp virgin coconut oil

- 14 Add the pineapple to the skillet; cook until heated through, 30 seconds to 1 minute.

- 15 Return the steak to the skillet, add ½ of the green onions (save the rest for garnishing), and pour the sauce over top. Stir-fry until the steak slices and pineapple chunks are coated in the sauce and the sauce has thickened, 1 to 2 minutes.

- 16 To serve, place the cauliflower rice into a bowl, top with the stir-fry, and garnish with the remaining green onions. Enjoy!