

# Pineapple, Beef & Ginger Stir-Fry with Cauliflower Rice



40 minutes | 2 servings

## Find cookware

[aluminum foil](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[grater](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[stainless steel or cast iron skillet](#)  
[stirring spoon](#)  
[tongs](#)  
[vegetable peeler](#)  
[whisk or fork](#)

## Grab ingredients

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