

Asian Cauliflower Fried Rice

Since the start of Chinese New Year (an occasion marked by the sudden appearance of craploads of “lucky” oranges and tangerines on our kitchen counters), I felt somewhat compelled to make an Asian-style fried cauliflower “rice” dish tonight for dinner. Plus, [XFit Mama](#) just made a bunch the other night, and reading her [her post](#) made me crave Chinese faux fried rice. (BTW, XFit Mama is one badass mother — despite being pregnant with her second peanut, she manages to do just about all of her WODs at [CrossFit Palo Alto](#) as RX’d and FAST.)

Traditional Chinese fried rice is basically a dish made from leftovers you have rotting in your fridge, which makes dinner prep a breeze. Dice or chop everything small and uniform and your actual cooking time will only be 10-15 minutes. To make my cauliflower fried rice more “Asian,” I added bacon, scrambled eggs, minced ginger, sliced green onions, chopped cilantro, fish sauce, and coconut aminos. Okay, the bacon part isn’t Chinese but it’s *intrinsic* for the dish. Feel free to change up this recipe by substituting whatever you have lying around. Try adding some leftover meat to make a complete, one-bowl meal.

Here’s what I assembled to serve 4-6 people:

- 1 small head of cauliflower, separated in florets
- 3 slices of uncured bacon, cut into small dice
- 2 large eggs
- 1-inch knob of ginger, grated with a microplane
- 1 small onion, minced
- 4 ounces of sliced mushrooms
- 2 scallions, thinly sliced
- 2 tablespoons of chopped cilantro leaves
- 2 tablespoons of chopped basil
- 1 tablespoon of chopped mint
- 1-2 tablespoons of coconut aminos
- Kosher salt
- Freshly ground black pepper
- Splash of coconut vinegar (optional)
- Splash of [Red Boat Fish Sauce](#) (not optional)

Here’s how I made it:

First, I pulsed the cauliflower in a food processor until the pieces were the size of rice and chopped the rest of the ingredients.

I tossed the diced bacon into a large cast iron skillet over medium heat and fried until the bits were crispy.

While the bacon was cooking, I whisked the two eggs in a small bowl with some salt and pepper to taste. When the bacon was done, I removed the crunchy swine to a separate plate.

I poured the whisked eggs into the hot bacon grease and fried a thin egg omelet. I took the egg out of the pan, sliced it thinly, and set it aside.

I always keep a large knob of ginger on hand in my freezer. It keeps really well. When I need to use it, I take it out of the freezer, peel off the skin with my vegetable peeler, and microplane it. It's almost like making ginger-flavored shaved ice.

The microplane is the best tool for grating ginger — no stringiness and the ginger blends in really well into your dish. ([The microplane is one of my all-time favorite kitchen tools](#). If you don't have one, stop reading this post and [get one immediately](#).)

I cranked up the heat for my cast iron skillet to medium-high heat and added the chopped onions (along with a dash of salt and pepper). Once the onion softened, I tossed in the sliced mushrooms (along with yet another sprinkle of S&P) and stir-fried everything until the mushrooms were browned.

After adding the ginger and stirring it around for 30 seconds, I threw in the cauliflower and even more salt and pepper.

I put a lid on the skillet and lowered the heat to low and cooked it covered for about 5 minutes. When the cauliflower was tender (but not too mushy), I added the coconut aminos, the herbs, and the sliced egg omelet. You can also add a little coconut vinegar to add a tiny bit of tang to the dish. And splash on some [fish sauce](#) for good measure!

Before serving, I tossed on the reserved crispy bacon bits. Voila!

This dish was *velly* tasty. (That's terrible of me to type. I really shouldn't make fun of my mom's accent like that. AND you can only laugh at that line if you're Asian...)

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