



Spicy Cauliflower Stir-Fry

by Ree | The Pioneer Woman on May 20, 2014 in Special Dietary Needs, Vegetarian



0 Rating(s) 0.00 Mitt(s)

Prep: 10 mins

Cook: 5 mins

Level: Easy

Serves: 4

Description

Such a healthy, yummy treat. Serve it over rice or eat it by itself. Eat it with chopsticks to savor each bite!

Ingredients

- 1 whole Head Cauliflower
- 2 teaspoons Vegetable Oil
- 2 cloves Garlic, Minced
- 2 Tablespoons Soy Sauce
- 1 whole Lime (or Sub A Splash Of Rice Wine Vinegar)
- 2 whole Green Onions, Sliced
- 1 Tablespoon Sriracha, Or Other Hot Sauce
- Lime Wedges For Serving

Preparation

Break up the cauliflower into large florets, then, using your hands, break into very small florets.

Heat a large, heavy skillet over medium-high to high heat. Add the oil, then the cauliflower and garlic. Stir the cauliflower around the pan, allowing it to get very brown in some areas. Cook for 3 minutes, then turn heat to low. Add soy sauce, squeeze in the juice of the lime, and add most of the sliced green onion, reserving the rest for serving. Stir and allow to cook for 1 minute, then squeeze the hot sauce over the cauliflower. Stir until the hot sauce has been incorporated. Add a little more hot sauce if you want a deeper color and flavor.

Serve hot in a bowl. Sprinkle extra sliced green onions on top, and serve with a lime wedge.

