

Spicy Edamame Fried Cauliflower Rice

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
2. Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
3. Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
4. Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Green onion, cilantro, sesame seeds, or red pepper flakes.

More Vegetables

Add carrots, peas, or baby spinach.

No Yellow Bell Pepper

Use any color bell pepper or mushrooms instead.

No Sesame Oil

Use coconut oil or avocado oil instead.

Ingredients

- 1 1/2 **tsps** Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 1 1/2 **cups** Frozen Edamame
- 6 1/8 **ozs** Tofu (extra firm, crumbled)
- 3 **tbsps** Tamari
- 2 Garlic (clove, minced)
- 1 1/2 **tsps** Ginger (fresh, grated)
- 1 1/2 **tsps** Sriracha
- 1 **cup** Cauliflower Rice

Nutrition

Amount per serving

Calories	316	Vitamin C	180mg
Fat	14g	Calcium	362mg
Saturated	2g	Iron	7mg
Carbs	26g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.5mg
Sugar	8g	Folate	400µg
Protein	28g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	129mg
Sodium	1636mg	Zinc	3mg
Potassium	1031mg	Selenium	13µg
Vitamin A	658IU		