



atoes

A fantastic alternative to rice, bursting with veggie flavor.

Timing

Prep time	Total time	Skill level
15 mins	20 mins	Easy

What You'll Need

- > ½ Average size cauliflower
- > 1 Tomato, diced small
- > 1 Red pepper, diced small
- > 1 Orange pepper, diced small
- > 1 Yellow pepper, diced small
- > 3 Button mushrooms, diced small
- > 2 tbsp. Soy sauce
- > 1 tbsp. Olive or veg oil
- > 1 tsp. Sesame oil
- > Salt and pepper

Directions

1. Grate one-half of an average size cauliflower with a standard cheese grater.
2. Preheat the frying pan to medium-high heat. Add olive oil and sesame oil.
3. Add cauliflower to the pan and stir. Add tomatoes, peppers, mushrooms, and continue to stir (gently fold).
4. Add 1 tbsp. soy sauce and stir.
5. Add remaining soy sauce stir and serve.