

Pork Fried Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 tbsps Lime Juice
- 2 tbsps Water
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated)
- 1 lb Lean Ground Pork
- 1/4 tsp Sea Salt
- 1 Yellow Onion (chopped)
- 6 cups Baby Spinach (chopped)
- 3 cups Cauliflower Rice
- 1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	77mg
Fat	18g	Sodium	549mg
Carbs	13g	Vitamin A	4359IU
Fiber	3g	Vitamin C	16mg
Sugar	7g	Calcium	95mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, lime juice, water, garlic and ginger. Set aside.
- 02 Heat a large skillet over medium-high heat and brown the pork, breaking it up into small pieces as it cooks. Once it's cooked through, remove excess drippings from the pan and season the pork with the salt.
- 03 Add the onion in with the pork and sauté until the onion just starts to soften, about 5 minutes. Stir in the spinach until it is wilted.
- 04 Add your previously mixed sauce into the skillet and let it simmer for 3 to 5 minutes.
- 05 Add the cauliflower rice to the skillet and stir to combine. Cook for 1 minute for crunchier cauliflower and up to 5 minutes for a softer texture.
- 06 Stir in the cilantro. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cups.

MORE FLAVOR

Add sesame oil and red pepper flakes to the sauce.

ADDITIONAL TOPPINGS

Top with green onion, sesame seeds, hot sauce or extra cilantro.

NO PORK

Use ground turkey or ground chicken instead.

NO COCONUT AMINOS

Use tamari instead.

