



Flourishing Kitchen

Raw Vegan Cauliflower "Fried" Rice

Raw. Vegan. Gluten-free.

Prep Time: 10 mins | Cook Time: 0 mins | Total Time: 10 mins

Serves: 1-2

Recipe Ingredients:

- ½ a small cauliflower broken into florets (2 cups)
- ½ -1 cup lentil sprouts (I use 1 cup of homegrown lentil sprouts)
- ¼ of a medium cucumber
- 1 small carrot
- 6 cherry tomatoes
- ¼ cup fresh peas
- ½ cup fresh sliced green beans
- 1 spring onion
- 1 red chilli (more if you like)
- ½ lemongrass stalk
- 1 cm thick piece ginger
- Juice of ½ lime
- 2 tbsp coconut aminos (or use tamari soy sauce)



You Will Need:

a food processor, a grater, chopping board
a paring knife, a medium + small bowl, a fork, a spoon

Recipe Directions

1. Pulse the cauliflower florets in your food processor or use a grater until the cauliflower resembles rice. Spoon the riced cauliflower into a medium size bowl.
2. Finely grate the ginger and finely slice the lemongrass. Add them to the coconut aminos with the freshly squeezed juice of half a lime. Stir through the cauliflower rice.
3. Chop the carrot, tomatoes, cucumber and green beans into small bite size pieces. Finely slice the onion and red chilli. Add to the bowl with fresh peas and lentil sprouts.
4. With a fork stir everything together so that it's evenly mixed throughout with the spices, the lime juice and coconut aminos.

Recipe Notes

How about swapping out the sprouted lentils with a different protein source such as cooked edamame, broad beans, tofu, chickpeas or tempeh.

Maybe you'll replace the fried egg with half a sliced baby avocado.



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Add in a large pinch of mixed seaweed flakes to replace the flavour of the fermented shrimp paste used in cooked nasi goreng recipes.

You can use any vegetables you would like in this recipe so it's a great way to use up leftover veggies at the end of the week.

How about adding different flavours to the rice like fresh herbs such as mint or coriander? You could add fresh garlic, swap the fresh ginger for galangal, add dried chilli or chipotle for a deeper chilli flavour.

If you're looking for a larger meal or serving this for two people then consider adding some leafy greens like bok choy or choy sum served on the side with an additional squeeze of lime.

If you like dressings then a peanut sauce would also be a lovely addition to this recipe.

This dish keeps well when covered and stored in the fridge for 2-3 days.