

# Low Carb Veggie Fried Rice Bowl



Recipe photo may include foods and ingredients that are not a part of this recipe and not included in the nutrition analysis.



# Low Carb Veggie Fried Rice Bowl

Prep: **10 min**

Cook: **5 min**

Serves: **2**

## Ingredients

1 tbsp	canola or other vegetable oil
1 cup	diced cooked lean protein of your choice (such as chicken, pork, shrimp, tofu, etc)
3 tbsp	chopped scallions or other onion
3/4 tsp	grated fresh ginger (or 1/8 tsp ground ginger)
1/2 tsp	minced garlic (1 clove)
1 1/2 cup	assorted vegetables, chopped into bite-sized pieces (cooked or raw)
1 1/2 cup	cauliflower "rice"
1	egg
1 tbsp	teriyaki sauce
2 tbsp	chopped fresh cilantro

## Directions

Heat a nonstick wok or large skillet over medium-high heat. Add the oil and after about 20 seconds, add diced protein, onions, ginger, garlic, assorted veggies and riced cauliflower, stirring often with spoon or spatula, for about 2 minutes.

Reduce heat to medium and pull the mixture away from the center of the pan with a spatula and pour the beaten egg in the center. When it starts to cook, use a spatula to stir all of the fried rice ingredients together for about a minute to finish cooking the egg.

Sprinkle teriyaki sauce and cilantro over the top and gently stir just to blend flavors (about 1 minute more).