

Cauliflower stir fry

- **Ingredients**
- 2 tablespoon sesame oil
- 1 Tablespoon olive oil
- 3 Tablespoons soy sauce
- 1 Tablespoon ginger
- 3 Eggs
- 1 medium onion
- 2 Garlic cloves
- ½ Cauliflower
- Broccoli
- 2 Carrots
- Zucchini
- ½ cup frozen peas
- Bok choy

Method

1. Blitz the cauliflower until you have a crumb like texture, set aside.
2. Whisk the eggs with 1 tablespoon of soy sauce then place the olive oil in a wok and fry the egg on both sides, once cooked take out and slice, set aside.
3. Peel and dice the onion and carrot and cross chop the garlic and ginger keep them separate.
4. Place 1 tablespoon of sesame oil in a small bowl then add the ginger and soy sauce, mix, set aside.
5. Dice the zucchini, and slice the bok choy.
6. Place 2 tablespoons of sesame oil in a wok and fry the onion until just soft then add the garlic and carrots cook for 2 mins then add the broccoli, peas, zucchini and bok choy, cook until just soft.
7. Add the cauliflower, sliced egg and soy sauce mixture cook for another 5 mins, serve.

