

# Egg Fried 'Rice'



2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 4 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	15g	
Protein	5.2g	
Carbohydrate	2.2g	
Energy (calories)	165kcal	



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Ingredients	Quantity	Your recipe
Egg, beaten	30g	
Sesame oil	6g	
Olive oil	6g	
Cauliflower, grated	50g	
Chinese 5 spice e.g. Schwartz	2g	

## Method:

1. Mix beaten egg and sesame oil together in a bowl.
2. Heat olive oil over a medium heat and add grated cauliflower and Chinese 5 spice into the pan, fry for approx. 1 minute until the cauliflower starts to brown.
3. Move the cauliflower to one side of the pan, pour the beaten egg mixture to the other side of the pan and leave to cook for 15-20 seconds so it begins to set. Using a spatula break up the egg into small pieces, mix in with the cauliflower rice.
4. Cook for a further 2 minutes, ensuring the egg is cooked.

### Serving Suggestions

**Always check with your dietitian what is suitable for you**

- Sprinkle some spring onion on the top of the cauliflower rice
- Great with keto curries!



**This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.**