

quarantine
edition



Food+Fact

SERIOUSLY EASY STIR FRY (TWO WAYS)



INGREDIENTS

PERSONAL PORTION

- 1 cup cooked rice or prepared riced cauliflower
- 1 to 2 cups assorted veggies
- Prepared protein of your choice (chicken, seafood, steak, nuts, etc!)
- 1 egg
- Olive oil
- Salt, pepper & seasonings
- Optional: soy sauce, scallions

FRIENDS, FAMILY

OR LEFTOVERS PORTION

- 2-3 cups cooked rice or prepared riced cauliflower
- 3-5 cups assorted veggies
- Prepared protein of your choice (chicken, seafood, steak, nuts, etc!)
- 2-3 eggs (depending on how coated you like your rice!)
- Olive oil
- Salt, pepper & seasonings
- Optional: soy sauce, scallions

TRY IT!

Cauliflower is a great substitute for rice (and potatoes)! It can be riced in a food processor or it can be found in your freezer aisle already prepared for you! Treat it the same way you would rice in a recipe and enjoy.

PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

DIRECTIONS

PREPARE VEGETABLES & PROTEIN

Preparation is key! Cut your vegetables down to bite sized pieces (and keep in mind bigger, denser pieces take longer to cook). If you're using garlic or onion, mince your garlic and dice your onion at this time. If your prepared protein is cold or room temperature, dice it into 1x1 inch cubes (if it makes sense with your protein to incorporate it) or heat your protein separately to top your final dish.

HEAT

Use a medium skillet for a personal portion or a larger skillet with high sides for a larger portion. Add a splash of olive oil to your pan (2-3 tablespoons for personal, 4-5 tablespoons for larger portions) and bring your pan to medium heat. As your pan heats, add garlic and onion (if it's in your ingredients). When it becomes translucent (1-2 minutes), start the next step.

LARGEST TO SMALLEST

Add your veggies from largest & most dense to smallest. Some exceptions: tomatoes (high water content will cook faster) or protein (add first if it's cold or room temperature and you're planning on incorporating it into the mixture). Continue stirring as you add your vegetables. Allow your vegetables to become bright in color before adding your rice or cauliflower (2-3 minutes).

BUSINESS TIME

Add your rice or riced cauliflower to your pan & stir until incorporated into your vegetable mixture (2-3 minutes). Once you're ready, crack your egg(s) into the pan & STIR! Ensure your egg mixture is evenly coating your mix. Season as you prefer & stir (soy sauce, salt, pepper, scallions), top with protein (if you were waiting to add it) & enjoy!