

# CAULIFLOWER "FRIED RICE"

From Chef Lam Lum  
Taste Of Asia Restaurant

## Ingredients (2-3 Serving)

- 1 Head Cauliflower well chop or blend (2 - 2 1/2 cups)
- 1/4 Head Broccoli (Well chop or blend)
- 2 tbsp Canola oil
- 2 Clove fresh garlic smashed
- 2 Large eggs
- Pinch black pepper
- 1/4 Yellow onion (Sliced thin and chop)
- 4 tbsp Oyster sauce
- 1 Chicken breast (Sliced thin)

## How to cook

Heat up the pan to high heat  
Add Canola oil then egg, stir the egg then add garlic and onions  
Stir until egg is cooked then add chicken, oyster sauce and pinch of black pepper  
Stir until chicken is cooked then add Cauliflower and broccoli  
Stir quickly(avoid overcooking mixture) until all ingredients mixed together well

## GOOD TO KNOW

Jasmine Rice 1 Cup (Cooked)			
Calories	Carbs	Fat	Protein
160	36g	0.00g	3g

VS

White Rice 1 Cup (Cooked)			
Calories	Carbs	Fat	Protein
304	65.6g	0.6g	6.25g

Jasmine Brown Rice 1 Cup (Cooked)			
Calories	Carbs	Fat	Protein
160	35g	0.00g	3g

VS

Brown Rice 1 Cup (Cooked)			
Calories	Carbs	Fat	Protein
216	45g	0.6g	5g

Sushi Rice 1 Cup (Cooked)			
Calories	Carbs	Fat	Protein
298	65.9g	.4g	5.2g

VS

Wheat Flour 1 Cup			
Calories	Carbs	Fat	Protein
581	125g	2.8g	11g

1 tbsp Sauce	Calories	Carb	Fat	Protein	Sugar	Sodium	Potassium	VIT B	Magnesium	Vit B-6
Soy	9	0.8g	0.1g	1.3g	0.1g	879mg	70mg	0	3%	0
Fish	6	0.7g	0	0.9g	0.7g	1413mg	52mg	1%	8%	5%
Oyster	9	2g	0	0.2g	0	492mg	10mg	1%	0	0
Salt	0	0	0	0	0	6976mg	1mg	0	0	0

CAULIFLOWER: high in vitamin C and good source of folate and fiber. It is also packed full of indoles, glucosinolates and thiocyanates-compounds that help the liver neutralize toxic substances that could damage cell membranes and DNA

BITTER MELON BENEFITS: Kills cancer cells, fights Diabetes and many more

**Eat good, Eat right, Stay healthy and Enjoy life**

