

Cauliflower Chicken Fried Rice with Scrambled Egg, Peas & Edamame

Serves: 4

Prep Time: 15 min | **Cook Time:** 20 min | **Total Time:** 35 min

A fresh, flavorful twist on classic fried rice — this **Cauliflower Chicken Fried Rice with Scrambled Egg, Peas & Edamame** delivers all the comfort and satisfaction of takeout, but with a lighter, protein-balanced approach. Fresh cauliflower rice keeps it low in carbs and perfect for crisping, while tender chicken, fluffy scrambled eggs, sweet peas, and protein-rich edamame create a hearty main dish that's both nutritious and satisfying. Finished with a splash of soy sauce, a drizzle of sesame oil, and a sprinkle of toasted sesame seeds, it's a quick weeknight dinner that tastes like it came straight from your favorite wok kitchen.

Very important: use fresh cauliflower add it to a food processor and pulse to the size of rice.



Recipe:

Ingredients:

6 large eggs, beaten

2 tbsp avocado oil, divided

12 oz boneless, skinless chicken breast, diced (about 3 oz per person)

½ tsp salt

¼ tsp black pepper

1 cup diced carrot (about 2 medium carrots)

¾ cup green peas (fresh or frozen)

½ cup shelled edamame, cooked

1 medium yellow onion, diced (about 1 cup)

3 garlic cloves, minced

4 tbsp unsalted butter, divided

6 cups fresh cauliflower rice (about 1 medium head) — see *Cook's Note*

3 tbsp low-sodium soy sauce or tamari, divided

1 tsp sesame oil

2 tbsp sesame seeds, toasted

4 scallions, sliced

Directions:

Prepare the cauliflower rice – Use fresh cauliflower for best texture (see *Cook's Note*). Cut cauliflower into florets, add to a food processor, and pulse until it reaches a rice-like consistency, about 10–20 seconds.

Whisk the eggs – In a small bowl, beat the eggs with a pinch of salt and pepper.

Scramble the eggs – In a wok or large nonstick skillet, heat **2 tsp avocado oil** over low to medium heat. Add the eggs and cook, stirring constantly, until just set and scrambled, about 1–2 minutes. Transfer to a plate and set aside.

Cook the chicken – Add **remaining 2 tsp avocado oil** to the skillet. Add the diced chicken, season lightly with salt and pepper, and cook, stirring, until almost cooked through, about 2 minutes. Add **1 tbsp soy sauce** and stir to coat.

Add vegetables – Stir in carrot, onion, peas, edamame, garlic, and **2 tbsp butter**. Cook until the onions begin to soften, about 3 minutes.

Add cauliflower rice & seasonings – Stir in the cauliflower rice, remaining **2 tbsp soy sauce**, sesame oil, sesame seeds, and a pinch of salt and pepper. Cook, stirring, for about 2 minutes to combine.

Crisp the rice – Push everything toward the edges of the pan to make a well in the center. Add the remaining **2 tbsp butter** to the well. Let the rice fry in the melted

butter, undisturbed, until the bottom is crispy, about 2–3 minutes. Stir to mix, then cook another 2 minutes, tossing occasionally, until more crispy bits develop.

Finish the dish – Return scrambled eggs to the skillet, breaking them into smaller pieces with a spatula. Add scallions and toss for 1 minute until evenly combined and heated through. Serve immediately for the best texture.

Cook's Note:

Fresh cauliflower rice delivers the best fried rice texture and crisping. Frozen cauliflower rice releases excess water as it cooks, which can prevent browning. If you must use frozen, thaw it completely, then place it in a clean kitchen towel and squeeze out as much liquid as possible before cooking.

Protein Flip Note:

Balanced between lean chicken, eggs, and plant sources like edamame, peas, sesame seeds, and cauliflower rice. A lighter fried rice that still eats like a main dish.