

Recipe created by Roberta Asher  
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Serves: 4 (¾ cup per serve)

Time to prepare: 15 mins

Time to cook: 10 mins

Hands on time: 25 mins

Freeze: No

### Ingredients

¼ cauliflower (~400g), or 400g cauliflower rice

2 shallots

1 cm piece ginger

200g button mushrooms

1 clove garlic

2 teaspoons extra virgin olive oil

½ cup peas and corn mix

1 tablespoon reduced salt soy sauce

2 teaspoons oyster sauce

A few drops sesame oil

### NUTRITION INFORMATION

Per ¾ cup serve

Energy	335 kJ / 80 cal
Protein	4.4 g
Carbohydrate	6.4 g
Dietary Fibre	3.1 g



## Method

### PREPARE

1. Wash the **cauliflower, shallots and ginger** well under cold running water. Leave the vegetables in a colander in the sink to drain.
2. Roughly chop the **cauliflower** into pieces about the size of a golf ball.
3. Then to chop into smaller rice sized pieces place half of the chopped cauliflower in a food processor or chopper attachment of a hand-held blender.

**Chef's tip:** Chopping the cauliflower in two batches will also help to stop it going mushy. Use a pulse action/ function by turning the blender/ food processor on in short bursts to chop the cauliflower. This will help the cauliflower chop more evenly so that it does not turn mushy.

If you don't have a food processor or chopper attachment for the hand-held blender you can make the cauliflower rice by grating the cauliflower heads. Set the core aside and use to make something else such as cauliflower sauce.

4. Brush the dirt off the **mushrooms** with a damp cloth. Cut into quarters. If the mushrooms are large cut into 6 or 8 pieces.
5. Peel the skin off the **ginger** with a vegetable peeler or small knife. Finely mince the **ginger** on a handheld grater. You should end up with about 1 teaspoon of **ginger**.
6. Remove and discard the skin of the **garlic**. Then crush using a garlic crusher or finely mince on a handheld grater.

### COOK

7. Finely slice the **shallots**.
8. Heat the **extra virgin olive oil** in a large frying pan on a medium- high heat. Add the **mushrooms** and cook for 3-4 minutes until golden.

**Tip for you:** Now is the time to add any extra vegetables that need cooking like capsicum, carrots or zucchini.

9. Add **ginger, garlic and shallots** and cook for about 2 minutes more.
10. Add the **cauliflower, peas and corn** and cook until heated through.

**Tip for you:** Now is the time to add any extra vegetables that only need warming like fresh asian greens, snow peas or any cooked leftover vegetables.

11. Turn off the heat, add the **oyster and reduced salt soy sauce** and **sesame oil** (you really only need a very small amount of sesame oil for lots of flavour).

**Tip for you:** If you have any other vegetables available from the 'eat freely list' these can also be added.

**Tip for the family:** Turn this into a family meal by topping the rice with some cooked chicken, fish or tofu. You could also try topping with a fried or poached egg.

**Time saving tip:** To save time buy the pre-made cauliflower rice fresh or frozen in the supermarket.

