

# Cauliflower “Rice” Stir Fry

## Spicy Chili Crisp

- 1 cup canola oil or peanut oil
- 2 shallots
- 2 cloves garlic
- ¼ cup roasted peanuts or soy nuts
- 2½ cups of dried Chinese red peppers
- 2 T Sichuan peppercorns

### Directions:

\*For this recipe, it is best to have all ingredients mise en place before starting the cooking method\*

1. Grind the chili peppers in a bladed grinder (coffee grinder) until they are broken into small piece similar to cracked black pepper.
2. In large thick bottomed pan heat oil along with onions and garlic, stirring frequently until they are toasted golden brown.
3. Add the nuts and cook for about 2 more minutes. Remove the pan from the heat, add the ground chili, Sichuan peppercorns, and let cool uncovered.
4. Spicy chili crisp can be made several days in advance of stir fry.

### Nutrition Facts



Serving (1)  
445.3g



<b>Calories</b>	2330 kcal	116%
Calories from Fats	110064 kcal	5503%
<b>Total Fat</b>	236 g	363%
Saturated Fat	18.8 g	94%
Trans Fat	0.86 g	43%
Cholesterol	0 mg	0%
<b>Sodium</b>	45.3 mg	2%
<b>Total Carbs</b>	51.3 g	17%
Fiber	17.1 g	69%
Sugars	17.9 g	36%
<b>Protein</b>	15.8 g	32%



### Cauliflower "Rice" Stir-Fry

1 head cauliflower  
1 small-diced onion  
3 T oil  
1 shredded carrot  
1 cup of sliced snap peas  
1 red pepper thinly sliced  
1 broccoli crown, cut into florets  
4 oz. of mushrooms  
4 thinly sliced scallions  
3 T Spicy chili crisp  
1 T minced garlic  
1 T minced ginger  
1 T soy sauce

#### Directions:

1. Remove the stems from the cauliflower and using a box grater or large grater attachment for a food processor grate entire cauliflower.
2. In a large sauté pan add 2 T oil and caramelize the onion. Once the onion is caramelized, add the grated raw cauliflower and sauté until cauliflower is cooked. About 8-10 minutes. Remove from heat and reserve.
3. In another large sauté pan or wok, add 1 T oil and heat over high heat. Once the oil is hot, add mushrooms, garlic, ginger and stir frequently for about 2 minutes. In the same pan, add red peppers, broccoli, carrot snap peas, spicy chili crisp and soy sauce, and stir frequently for 3-5 minutes.
4. Serve stir fry over cauliflower "rice" and top with sliced scallions

### Nutrition Facts



Serving (1)  
2,070g



<b>Calories</b>	997 kcal	50%
Calories from Fats	896 kcal	45%
<b>Total Fat</b>	46.1 g	71%
Saturated Fat	7.1 g	36%
Cholesterol	0 mg	0%
<b>Sodium</b>	1175 mg	49%
<b>Total Carbs</b>	128 g	43%
Fiber	44.1 g	176%
Sugars	46.1 g	92%
<b>Protein</b>	44.8 g	90%