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Vegan Magazine

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# CAULIFLOWER RICE STIR FRY

## with Peanut Sauce

By Rosa - This Healthy Kitchen

Cauliflower rice stir fry with peanut sauce is wholesome, flavorful and loaded with goodness! It's rich, peanutty sauce packs big, bold flavor in every single bite.

### INSTRUCTIONS

1. To make the cauliflower rice, break your cauliflower into florets and using a veggie bullet, or food processor, shred to a rice consistency. If using a food processor, work in batches so that you do not over process the cauliflower.
2. In a small bowl, combine all the peanut sauce ingredients and mix until well incorporated and set aside.
3. In a large skillet or wok, sauté the onion, carrots and peppers with a tablespoon or two of water, until softened. Approx. 5 minutes. Then add the cauliflower rice, chickpeas, snow peas, salt and pepper, to taste, and sauté an additional 3-5 minutes, until slightly reduced, but do not overcook. The veggies taste best when still tender.
4. Turn off the heat, and stir in the cilantro and peanut sauce. Mix well and serve sprinkled with sesame seeds, if using.

### INGREDIENTS

- 1 small red onion sliced
- 2 large carrots peeled & thinly sliced
- 1 large red bell pepper sliced
- 1 small cauliflower riced (about 4 cups riced cauliflower)
- 15 oz can chickpeas drained & rinsed
- 200 g snow peas
- 1 cup cilantro chopped (or parsley or green onion)
- salt + pepper to taste

#### FOR THE PEANUT SAUCE:

- 1/3 cup natural smooth peanut butter
- 3 tbsp lime juice approx. 1 medium lime
- 2 tbsp rice vinegar
- 2 tbsp tamari or soy sauce
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1 tsp sriracha or to taste



Rosa

Rosa is the recipe developer behind [thishealthykitchen.com](http://thishealthykitchen.com). Her website is a platform for her to share her love of food and passion for healthy cooking. On her website, you'll find heaps of delicious vegan recipes that the whole family will absolutely love.

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