

EGG FRIED CAULIFLOWER RICE WITH PRAWNS

SERVES 2

300g large fresh, raw prawns, fully prepared
160g frozen green beans
1/2 white onion, finely diced
1 chilli, finely sliced
1 tsp rapeseed oil
1 large egg, beaten
200g small cauliflower florets
1 tbsp soy sauce
Fresh coriander, to serve

Put the beans in a large sieve, then pour over freshly boiled water to defrost them. Drain and set aside.

Heat 1 tsp oil in a large frying pan or wok. Cook the prawns, onion and chilli for 1-2 mins until softened.

Push these ingredients to the side of the pan. Add the remaining teaspoon of oil, then pour in the egg, stirring to scramble it. Pulse the cauliflower in a food processor until it resembles rice. Add the cauliflower and soy sauce to the pan and stir. Add the green beans and peas and cook for 1-2 mins until hot.

Serve with torn fresh coriander.

