

# Cauliflower Lentil Sprouted Fried Rice

Serves 4-6

## Ingredients

1 cup germinated or sprouted rice  
1 cup puy lentils (French green lentils)  
½ head cauliflower, medium-sized  
1 white onion, small-sized  
1 carrot  
3 cloves garlic  
1 thumb-size piece of fresh ginger  
4 stalks kale  
1 red bell pepper  
1 block smoked extra firm tofu  
4 green onions  
2 eggs  
2 tablespoons [Alligga Flaxseed Cooking oil](#)  
5-8 tablespoons low sodium soy sauce



## Directions

1. Cook germinated rice per instructions on package. Cook puy lentils with 1 ½ cups of water over medium low heat for 15-20 minutes until soft.
2. While rice and lentils are cooking, prepare all other ingredients. Cut cauliflower into pieces, add to a food processor and pulse until finely grated. Set aside. Peel and chop onion and carrot. Mince garlic and ginger. Wash kale very well, remove stem and chop leaves finely. Cut bell pepper and tofu into small pieces. Chop up green onions. Set these all aside.

3. In a wok over medium-high heat, add 2 teaspoons of oil to scramble the eggs and set aside. In the same wok over medium-high heat, add remaining oil to sauté onion for 2 minutes, add garlic and ginger and cook for a minute. Add cauliflower, turn heat down to medium, stir and cook until soft, about 3-5 minutes. Add a few tablespoon of water if needed.

4. Once cauliflower is soft, add carrot and cook for a minute. Turn heat up to medium-high, add cooked rice, cooked pry lentils and kale, stir for a minute. Then add bell pepper, tofu and scrambled eggs, continue to stir-fry. Lastly, add green onions and season with soy sauce to taste. Serve hot.

### Nutrition Facts (per 1 serving):

Serving size: 1 1/4 cup

Calories	336	Carbs (g)	37.5
Fat (g)	13.9	Fiber (g)	8.2
Saturated (g)	1.9	Sugars (g)	6
Polyunsaturated (g)	0.6	Protein (g)	18.8
Monounsaturated (g)	0.8	Vitamin A (%)	177.1
Trans (g)	0	Vitamin C (%)	239.6
Cholesterol (mg)	74.4	Calcium (%)	22.9
Sodium (mg)	330.9	Iron (%)	22.5
Potassium (mg)	728.3		