



Broccoli & Mushroom Fried Rice

4 servings

15 minutes

Ingredients

- 2 cups Broccoli (chopped into small florets)
- 1 tbsp Avocado Oil
- 2 cups Mushrooms (sliced)
- 1/2 Garlic (clove, minced)
- 1 tbsp Coconut Aminos
- 1/4 cup Almonds (slivered)
- 1 tbsp Onion Powder
- 1 tsp Sea Salt
- 3 stalks Green Shallots (chopped)
- 1/4 cup Corriander (chopped)

Nutrition

Amount per serving	
Calories	119
Fat	8g
Saturated	1g
Carbs	9g
Sugar	3g
Protein	5g
Cholesterol	0mg
Sodium	678mg

Directions

- 1 Add the broccoli florets to a food processor and pulse until a rice consistency forms.
- 2 Heat a large pan over medium heat and add in the avocado oil. Once the oil is warmed, add in the broccoli, mushrooms and garlic. Cook for 10 minutes.
- 3 Once the ingredients are cooked through, add in the coconut aminos, almonds, onion powder and sea salt. Cook for roughly 3 minutes, stirring often to combine the flavors. Remove from heat.
- 4 Top with green shallots and corriander. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in a pan.

Nut-Free, Omit the almonds or use sunflower or sesame seeds instead.

More Protein, Top with a fried egg or stir in a scrambled egg (additional calories apply)