

# Spicy Cauliflower Stir-Fry



Recipe courtesy of Ree Drummond

Show: The Pioneer Woman | Episode: Healthy 16-Minute Meals

Total: 16 min  
Active: 16 min  
Yield: 4 servings  
Level: Easy

## Ingredients

- 1 head cauliflower
- 2 teaspoons vegetable oil
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- Juice of 1 lime (or a splash of rice wine vinegar)
- 2 green onions, sliced
- 1 tablespoon Sriracha or other hot sauce, plus more if needed
- Lime wedges, for serving

## Directions

Break up the cauliflower into large florets, then use your hands to break into very small florets.

Heat a large, heavy skillet over medium-high to high heat. Add the oil, then the cauliflower and garlic. Stir the cauliflower around in the pan, allowing it to get very brown in some areas. Cook for 3 minutes, then turn the heat to low.

Add the soy sauce, lime juice and most of the sliced green onions, reserving the rest for serving. Stir and allow to cook for 1 minute, then add the hot sauce and stir until incorporated. Add a little more hot sauce if you want a deeper color and flavor.

Serve hot in a bowl. Sprinkle the remaining green onions on top and serve with lime wedges.

