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

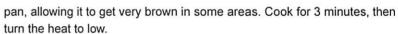
Ingredients

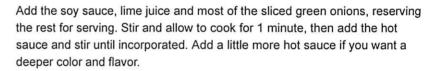
- · 1 head cauliflower
- · 2 teaspoons vegetable oil
- · 2 cloves garlic, minced
- · 2 tablespoons soy sauce
- Juice of 1 lime (or a splash of rice wine vinegar)
- · 2 green onions, sliced
- 1 tablespoon Sriracha or other hot sauce, plus more if needed
- · Lime wedges, for serving

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





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

