

Chicken Pineapple Cauliflower Fried Rice



INGREDIENTS:

- 1/4 cup chopped red onion
- 2 stalks celery, chopped
- 2 carrots, diced
- 1/4 cup raw cashews, rough chopped
- 1/2 cup fresh or frozen pineapple, diced
- 1 chicken breast, small cube dice
- 1 tsp. fresh grated ginger
- 1 tsp. chopped garlic
- Crushed Red Chili flakes - to your liking
- 1 12 oz. package frozen Cauliflower Rice
- 1 tsp. sesame oil
- 1/2 cup Tamari or Liquid Aminos

DIRECTIONS:

- 1) In a large saute pan, or wok, saute your onion, celery, carrots, and chicken until veggies are tender, but still have a slight crunch and chicken pieces are mostly cooked through.
- 2) Add in the cashews and pineapple - continue to cook for about 2 minutes.
- 3) Add in the ginger, garlic, and chili flakes as well as the Cauliflower Rice. Stir to combine.
- 4) Add in the sesame oil and Tamari and stir to combine and heat.
- 5) EAT!