

Cauliflower Chicken Fried "Rice"

Get an extra serving of vegetables and cut back on carbs by replacing rice with riced cauliflower in this satisfying chicken fried rice recipe.

By **Breana Lai Killeen, M.P.H., RD** | Updated on September 28, 2025

 Reviewed by Dietitian **Jill Cerreta, M.S., RD**

Cook Time: 35 mins

Total Time: 35 mins

Servings: 4

Yield: 6 cups

Nutrition Profile:

Low-Carb Diabetes-Friendly Dairy-Free Healthy Aging Healthy Immunity Low-Sodium High Blood Pressure Heart-Healthy High-Protein Gluten-Free Low-Calorie

Ingredients

1 teaspoon peanut oil plus 2 tablespoons, divided

2 large eggs, beaten

3 scallions, thinly sliced, whites and greens separated

1 tablespoon grated fresh ginger

1 tablespoon minced garlic

1 pound boneless, skinless chicken thighs, trimmed and cut into 1/2-inch pieces

½ cup diced red bell pepper

- 1 cup snow peas, trimmed and halved
- 4 cups cauliflower rice (see Tip)
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 teaspoon sesame oil (optional)

Directions

Step 1

Heat 1 teaspoon oil in a large flat-bottomed carbon-steel wok or large heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.

Step 2

Add 1 tablespoon oil to the pan along with scallion whites, ginger and garlic; cook, stirring, until the scallions have softened, about 30 seconds. Add chicken and cook, stirring, for 1 minute. Add bell pepper and snow peas; cook, stirring, until just tender, 2 to 4 minutes. Transfer everything to a large plate.

Step 3

Add the remaining 1 tablespoon oil to the pan; add cauliflower rice and stir until beginning to soften, about 2 minutes.

Step 4

Return the chicken mixture and eggs to the pan; add tamari (or soy sauce) and sesame oil (if using) and stir until well combined. Garnish with scallion greens.

Tips

Look for prepared cauliflower rice (or cauliflower crumbles) with other prepared vegetables in some supermarkets. To make your own, place cauliflower florets in a food processor and pulse until broken down into rice-size granules. One 2-pound head of cauliflower yields about 4 cups of cauliflower rice.

People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.

Nutrition Facts

Per serving: **Serving Size 1 1/4 cups** 305 calories; total carbohydrate 12g; dietary fiber 4g; total sugars 5g; protein 30g; total fat 16g; saturated fat 4g; cholesterol 200mg; vitamin a 1060iu; vitamin c 108mg; folate 124mcg; sodium 591mg; calcium 75mg; iron 3mg;