



All for the Beef

Prep 20 mins

Cook 10 mins

Egg and Beef Fried Rice

Shopping List



Fast fry beef steaks (strip loin)
Canola oil
Onion
Cauliflower (riced)
Soy sauce
Sesame oil
Eggs
Frozen peas and carrots
Long brown rice
Green onions



Ingredients

½ lb (250 g) fast fry beef steaks (thin cut strip loin)
Pinch of salt and pepper
1 tsp (5 mL) canola oil
1 small onion, finely chopped
2 cups (500 mL) cauliflower rice
2 tbsp (25 mL) soy sauce
¼ tsp (1 mL) sesame oil
4 eggs
1 ½ cups (375 mL) frozen peas and carrots, thawed
2 cups (500 mL) cold cooked long brown rice
½ cup (75 mL) chopped green onions

Instructions

1. Season beef with salt and pepper. In a large non-stick skillet, heat canola oil over medium-high. Cook beef for 2 minutes on each side, set aside and chop into bite sized pieces (¼-inch x ¼-inch pieces).
2. Add onions to the skillet and cook for one minute. Stir in cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the pan. Beat eggs and add to the cleared side of the pan, pour in egg mixture. As mixture begins to set, gently move spatula across bottom and sides of skillet to form marble sized, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 3 minutes. Mix to combine all ingredients. Stir in peas and carrots, beef and cold rice. Remove from heat and sprinkle with green onions.

