



Preparation: 10 mins

Cooking: 15 mins

Ready in: 25 mins

Serves: 4

Beef & Egg Fried Rice

Ingredients

- 1/2 lb (250 g) fast-fry (thin-cut) beef Inside Round Steak
- Pinch of salt and pepper
- 1 tsp (5 mL) canola oil
- 1 small onion, diced
- 2 cups (500 mL) grated cauliflower
- 2 Tbsp (30 mL) soy sauce
- 1/4 tsp (1 mL) sesame oil
- 4 eggs, beaten
- 1 1/2 cups (375 mL) frozen peas and carrots, thawed
- 2 cups (500 mL) cooked long grain rice
- 1/3 cup (75 mL) chopped green onions

Directions

1. Season beef with salt and pepper. In a large nonstick skillet, heat canola oil over medium-high heat. Cook beef for 2 minutes per side. Let rest for 5 minutes. Cut into bite-sized pieces and set aside.
2. Add onion to the skillet and cook for one minute. Stir in grated cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the skillet.
3. Add beaten eggs to the cleared side of the skillet. As mixture begins to set, gently move spatula through the eggs as they begin to form marble-sized, soft curds. Cook for about 3 minutes until eggs are cooked, with no visible liquid remaining. Combine eggs with ingredients in the pan and add thawed peas and carrots, cooked beef and rice. Heat through. Sprinkle with green onion and serve.

Shopping List

Pantry Staples

- canola oil
- soy sauce
- sesame oil
- long grain rice

Meat

- 1/2 lb fast-fry (thin-cut) beef like inside round steak

Refrigerator & Freezer

- 4 eggs
- 1 1/2 cups frozen peas and carrots mix

Produce

- 1 small onion
- 1 small head cauliflower
- fresh green onion

Notes:



Remember to check your pantry and refrigerator before you go shopping!