



SWEET & SOUR CRISPY CAULIFLOWER RICE BOWL



Crispy **Battered Cauliflower** sautéed in a sweet and sour sauce with pineapple, onions and bell peppers, served over steamed rice and garnished with sliced scallions. Yield: 2 Servings

Ingredients:

2 Cups	Battered Cauliflower [#282220], Prepared According to Package Directions
2 Tbsp.	Sesame Oil
¼ Cup	White Onion, Diced
¼ Cup	Tri-color Bell Pepper, Diced
1 Tbsp.	Garlic, Minced
To Taste	Salt & Black Pepper
1 Cup	Sweet & Sour Sauce
¼ Cup	Pineapple, Diced
3 Cups	White Rice, Steamed
Garnish	Scallions, Sliced
Garnish	Sesame Seeds, Toasted

Directions:

1. In a medium sauté pan, heat up the sesame oil on medium heat.
2. Add in the white onion, bell peppers, garlic, salt and black pepper, then cook for 1-2 minutes, or until the onions are translucent.
3. Stir in the sweet & sour sauce and the pineapple, then cook for another 2-3 minutes, or until the sauce has reduced.
4. Fold in the **Battered Cauliflower**, then remove from heat.
5. Place the white rice into a serving bowl and top with the vegetable mixture.
6. Garnish with scallions and sesame seeds.