

# Cauli-Broc Rice

**Calories:** 190 kcal

**Servings:** 1

**Time:** 0 Mins

## Ingredients

- 0.20 g Black Pepper (to taste)
- 50.00 g Broccoli (grated)
- 50.00 g Cauliflower (grated)
- 60.00 g Chicken Breast (or any protein of your choice)
- 1.00 whole Egg
- 1.00 clove Garlic (crushed)
- 2.00 tsp Olive Oil
- 40.00 g Onions
- 2.00 tbsp Soy Sauce (salt reduced)

## Instructions

1. Grate the cauliflower and broccoli.
2. Heat oil and add garlic and onion. Fry until a pale golden colour.
3. Add the meat and cook until just lightly browned.
4. Break in the egg and cook until softly scrambled.
5. Add the cauliflower and broccoli, soy sauce and pepper. Lightly toss.
6. Cook for 5 minutes, until meat is cooked.