



Beefed-Up Cauliflower Fried Rice



1/5th of recipe (about 1 1/2 cups): 267 calories, 8.5g total fat (3g sat fat), 603mg sodium, 19g carbs, 4g fiber, 9.5g sugars, 27g protein

Freestyle™ [SmartPoints®](#) value 4*

Prep: 20 minutes **Cook:** 25 minutes

Marinate: 30 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

Beef

1/4 cup orange juice
2 tbsp. seeded and chopped jalapeño pepper (about 1 medium pepper)
2 tbsp. lime juice
1 1/2 tsp. chopped garlic
1 lb. sliced raw lean flank steak, cut into bite-sized pieces
1/4 tsp. salt

Fried Rice

4 cups riced cauliflower or 5 cups roughly chopped cauliflower
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
3 cups frozen stir-fry vegetables
1 cup chopped onion
1 tbsp. sesame oil
1 tsp. chopped garlic
1/4 cup thick teriyaki marinade or sauce
Optional topping: chopped scallions

Directions

In a large sealable container (or bag), mix all beef ingredients *except* steak and salt. Add steak, and stir to coat. Cover and let marinate in the fridge for 30 minutes.

Meanwhile, if starting with roughly chopped cauliflower, pulse in a blender until reduced to small rice-like pieces (working in batches).

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg until fully cooked, 3 - 4 minutes, using a spatula to break it up into bite-sized pieces. Transfer to a large bowl.

Remove skillet from heat; clean, if needed. Re-spray and bring to medium-high heat. Drain and discard beef marinade, and add steak to the skillet. Sprinkle with salt. Cook and stir for 4 minutes, or until fully cooked. Transfer to the large bowl.

Remove skillet from heat, re-spray, and return to medium-high heat. Add frozen veggies and 1/4 cup water. Cover and cook for 3 minutes, or until thawed. Add riced cauliflower, onion, oil, and garlic. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

Reduce heat to low. Add egg, steak, and teriyaki marinade/sauce. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 5 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.

