




# Keto Konjac Fried Rice – Chinese Style

 15-20 Minutes

 4 Serves

 Easy-Medium



## INGREDIENTS

2pkt Konjac/Shirataki Rice  
2tsp Ghee or Butter (or cooking oil if preferred)  
2 large Egg  
2 pinch Himalayan Pink Salt  
1 Tb Avocado Oil (or cooking oil of choice)  
2 cloves Garlic, minced  
40g Red Capsicum, chopped into medium dice  
50g Broccoli, chopped into small pieces  
60g Cherry Tomatoes, halved or quartered  
20g Spring Onions/scallions, 2cm slices  
8tsp Tamari (or Light Soy Sauce or coconut aminos)  
2tsp Sesame Oil  
200g Cooked Chicken (optional)

## METHOD

1. Crack the egg into a small bowl and add a pinch of Himalayan pink salt. Use a fork to whisk the egg yolk and whites together.
2. Then place the ghee in a medium sized non-stick frying pan and place on stove over low heat.
3. Pour the egg mixture into the pan and scramble until just cooked then remove from the pan and set aside.
4. Wipe the pan out and set aside till ready to use again.
5. Konjac rice usually comes in a bag of liquid. Using a sieve, drain off the liquid and rinse the konjac rice under running water to remove any packaging liquid residue.
6. Transfer the konjac rice to a medium sized non-stick frying pan and dry-fry (no oil) the rice over low heat for approximately 5 minutes, stirring occasionally.
7. After 5 minutes of dry-frying, add the avocado oil and mix in. You may find that the konjac rice starts to jump/pop a little when you add the oil. If this is the case, remove from the heat until you add the next ingredients.
8. Add the broccoli, capsicum, garlic, tamari/soy sauce and chicken (if using) to the konjac rice and continue to pan-fry over low to medium heat, mixing the added ingredients through the rice.
9. After 2 minutes of pan-frying, add the scrambled eggs, cherry tomatoes, spring onions (reserving a few spring onion pieces for garnishing) and sesame oil to the rice mixture. Mix these through gently and pan-fry a further minute until the eggs and tomatoes are warmed through.
10. Transfer to a serving bowl and garnish with your reserved spring onion pieces, finely shredded). Enjoy as a side dish with your main meal or eat as a light meal in itself.

### Tips:

- *Slicing the broccoli into small pieces assists in its even cooking time in relation to the other ingredients.*
- *You can omit the chicken to make the dish vegetarian or you can substitute it for other protein sources such as prawns or pork belly slices.*
- *This reheats well the next day for an easy lunch.*

Nutritional Information (per serve <i>with</i> chicken)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
253	19g	17.1g	4.6g	0.9g	3.7g