



SWEET CHILI CAULIFLOWER STIR FRY



Crispy **Battered Cauliflower** stir-fried with shredded carrots, green bell pepper and diced pineapple, served over white rice, garnished with sliced scallions and toasted sesame seeds.
Yield: 4 Servings

Ingredients:

2 Cups	Battered Cauliflower [#0282220], Prepared According to Package Directions	¼ Cup	Soy Sauce
1 Tbsp.	Sesame Oil	¾ Cup	Sweet Chili Sauce
⅓ Cup	Red Bell Pepper, Julienned	⅓ Cup	Pineapple, Diced
⅓ Cup	Carrots, Julienned	2 Cups	White Rice, Prepared
⅓ Cup	Green Bell Pepper, Julienned	Garnish	Sesame Seeds
		Garnish	Scallions, Sliced

Directions:

1. Heat up the sesame oil in a medium sauté pan on medium heat.
2. Add the red bell pepper, carrots and green bell pepper into the pan and cook for 2-3 minutes, or until the vegetables have softened.
3. Stir in the soy sauce and sweet chili sauce and cook for another minute.
4. Add in the pineapple and **Battered Cauliflower** and stir to evenly coat in the sauce.
5. In a serving dish, add in the white rice and top with the vegetable mixture.
6. Garnish with sesame seeds and scallions.

