

Low-Carb Kimchi Fried Cauli-Rice

Hands-on 20 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 12.1 g, Fiber: 4.3 g, **Net carbs: 7.8 g**,

Protein: 10.4 g, Fat: 24.9 g, Calories: 308 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Spring onion topper:

- 2 small spring onions (10 g/ 0.4 oz)
- 1 tsp [toasted sesame oil](#)
- 1/2 tsp red wine vinegar
- 1/2 tsp [coconut aminos](#)
- pinch paprika, chilli or red pepper flakes
- 1 tsp [sesame seeds](#)

Kimchi Cauliflower Rice:

- 1 medium cauliflower (600 g/ 1.3 oz)
- 1/2 small brown onion, finely chopped (35 g/ 1.2 oz)
- 2 tbsp [ghee](#) or virgin [coconut oil](#) (30 ml)
- 2 garlic cloves, minced (6 g/ 0.2 oz)
- 1 tbsp grated ginger (6 g/ 0.2 oz)
- raw kimchi (120 g/ 4.2 oz)
- 1 tbsp [coconut aminos](#) (15 ml)
- 2 tbsp lime juice (30 ml)
- pinch sea salt (or to taste)
- 1/2 tsp black pepper, or to taste
- 1 tbsp [ghee](#) or virgin [coconut oil](#) to fry the eggs
- 4 large eggs

To Serve:

- 1/4 cup chopped fresh coriander, stalks removed
- 2 tsp [Sriracha](#) sauce (*you can make your own Sriracha*)
- 2 tbsp extra virgin olive oil (30 ml)

Note: You can find a homemade kimchi recipe in the [Quick Keto Book](#).

If you are following a [vegetarian keto diet](#), keep in mind that kimchi typically contains [fish sauce](#) but you can find many vegetarian or vegan products that exclude it.

Instructions

1. First, prepare the topper. Finely slice the spring onions. Mix with the dressing and place to one side.
2. Place the cauliflower florets in a high speed food processor and pulse until they resemble a rice consistency.
3. Microwave for 5 minutes (or steam for 8 - 10 minutes until soft). Allow to cool then transfer to a muslin cloth and squeeze out the excess water. This is my top tip to get super fluffy cauliflower rice! *Note: Alternatively, simply add the raw cauliflower rice in step 6 before the kimchi) and pan-fry uncovered for 5-7 minutes.*
4. Drain the kimchi, but keep the juice to one side.
5. Heat the ghee or coconut oil in a non stick or cast iron pan. Add the onion and fry on a medium-low heat for 1 - 2 minutes until soften. Add the garlic and ginger and fry for another 30 seconds.
6. Add the kimchi for another 1 - 2 minutes until sticky. Next, add the cauliflower rice to the kimchi mix and the juice.
7. Turn off the heat. Stir through the coconut aminos. Add the lime juice and season with salt and pepper to taste. Heat 1 tbsp of ghee or coconut oil in a non stick frying pan.
8. Fry the eggs to your liking. Top the kimchi fried cauli-rice with fried eggs, spring onions and sriracha sauce. Drizzle with olive oil.
9. Eat immediately. The kimchi fried cauli-rice (without the fried egg) can be stored in the fridge for up to 4 days, and can be reheated or eaten cold. Fried eggs are best prepared just before serving.

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