



Smoked Sausage and Cauliflower Fried Rice

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

In partnership with Hillshire Farm Brand were helping you make dinnertime easy quick and delicious Here is a tasty sausage and cauliflower rice thats great for a weeknight meal or casual anytime snack

Ingredients

- - 3 tablespoons vegetable oil
- divided - 1 (12 ounce) package Hillshire Farm® Rope Smoked Sausage
- cut into 1/2" coins - 4 cups small broccoli florets - 1 medium red bell pepper
- cut into strips - 2 large eggs
- lightly beaten - 1 (12 ounce) package frozen riced cauliflower - ¼ cup reduced-sodium soy sauce - 1 tablespoon toasted sesame oil - ½ teaspoon granulated sugar - ½ teaspoon black pepper - 2 tablespoons chopped cilantro

Instructions

1. Heat 1 tablespoon of oil in a large nonstick skillet over medium-high. Add sausage; cook about 3 minutes
2. stirring occasionally
3. until lightly browned. Add broccoli and bell pepper; cook
4. stirring occasionally
5. until broccoli is bright green and slightly tender
6. 5 to 6 minutes. Remove mixture to a plate. Carefully wipe the hot skillet clean
7. reduce heat to medium
8. and add 1 tablespoon oil. Add eggs; cook
9. stirring once or twice
10. until set
11. 2 to 3 minutes. Transfer to a cutting board and cut into 1/2-inch pieces. Return the skillet to medium-high heat. Add remaining 1 tablespoon oil. Add cauliflower; cook
12. undisturbed
13. until softened and lightly toasted
14. about 4 minutes. Remove from heat. Stir in soy sauce
15. sesame oil
16. sugar
17. pepper
18. sausage mixture
19. and egg. Divide among plates and top with cilantro.