




# CAULIFLOWER STIR FRY



This tasty dish is ready in only 30 minutes and makes the perfect midweek meal option for one.

-  Serves 1
-  Prep 15 minutes
-  Cook 15 minutes



## Each 380g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
<b>228</b>	<b>17.9g</b>	<b>9.0g</b>	<b>10.4g</b>	<b>10.8g</b>	<b>1.6g</b>	<b>12.1g</b>	<b>0.1g</b>	<b>4</b>

## Ingredients

1 1/2tsp sesame seeds

1 small onion, thinly sliced (approx. 60g unpeeled)

1tsp rapeseed oil

60g leek, thinly sliced

1 clove garlic, crushed

1tsp freshly grated ginger

250g cauliflower florets

5-6 sprays 1cal oil

1tsp Tabasco or 1tsp Sriacha hot sauce

1tbsp spring onion, finely chopped

1tbsp coriander, torn

## Method

### Step 1

Heat a small frying pan and dry-fry the sesame seeds for 1–2 mins until lightly browned and fragrant. Set aside.

### Step 2

Add the oil, onion and leek to the pan, cover and cook over a very low heat for 5 mins, stirring frequently until softened. Add the garlic and ginger. Cook for a further 1 min.

### Step 3

Give the cauliflower a good spray with 1cal oil, at least 5-6 pumps, and to the onion pan with 3tsp water. Cook over a medium heat for 5-6 mins, stirring occasionally, until the florets start to brown.

### Step 4

Add the Tabasco or Sriracha, stir in and cook for a further 1 min. Spoon into a bowl, scatter with spring onion, coriander and sesame seeds, and serve.