



Healthy Keto with  
Jim Colbourne  
MOVING TO AN HEALTHIER LIFESTYLE

## Low Carb Keto Chicken, Bacon Fried Rice

*5.27g of Net Carbs (Low Carb Keto)*

Absolutely delicious. We took Cauliflower Rice and removed the taste and texture with some amazing ingredients so we can have one of our favorite dishes while on the low carb keto lifestyle. Enjoy!

### Ingredients:

- 1 Head Cauliflower Graded into Rice.
- 2 Eggs
- 3 tbsp Tomato Paste
- 1 small Onion Diced
- 1/4 cup bell pepper or Frozen Mix Vegetables
- 1 Small Chicken Breast Seasoned and Cooked
- 2 tbsp Chives
- 1 tbsp Paprika
- 1 tsp Salt
- 1 tsp Black Pepper
- 2 tbsp Soy Sauce
- 1 tsp Turmeric
- 4 Slices of Bacon
- 1/2 - 1 cup Mushrooms sliced
- 1/2 tsp Ginger

### Instructions:

1. Fry Bacon and onion until almost cooked then add peppers or mix veggies. Remove as much grease as possible.
2. Add dry ingredients.
3. Micro Cauliflower Rice for 2:20mins and remove moisture/water with paper towel.
4. Add wet ingredients.
5. Add cauliflower rice and Chicken (diced). Keep stirring to prevent sticking. Keep frying on low heat to remove moisture from rice.
6. Add wet ingredients then stir until well combined. Cook until rice is soft and most of the moisture is removed from rice.
7. Remove from heat and serve. Add Chives to top of rice for presentation.



Servings = 3

Each Serving = 214.33 Calories, 16.11g Fats,  
5.27g Net Carbs, and 11.15g Protein.