



Healthy Keto with Jim Colbourne

Bacon, Sausage, Scrambled Egg, Fried Cauliflower Rice

5g NET Carbs (Low Carb Keto)

This is truly one of the Best Cauliflower Fried Rice you will ever taste. All these delicious ingredients totally change the taste of the Cauliflower. You have the same texture as rice with the taste that you will keep coming back for more. Enjoy!

Ingredients

- 1 Head Cauliflower Rice
- 350g Smoked Bacon Cubes
- 3 Large Sausages
- ¼ cup Green Onion
- 3 cups Bell Peppers (3 Different Colors)
- ½ cup Mushrooms
- 3 Cloves garlic
- 2 Tbsp Soy Sauce

Links of Ingredients can be found in the description of Video



Calories: 460 / Net Carbs: 5g / Carbs: 9g / Fat: 40g / Protein: 17g / Fiber: 4g

- 1 tsp Cayenne Pepper
- 1 Tbsp Paprika
- 1 Tbsp Parsley
- 1Tbsp Black Pepper
- 1 Tbsp Oyster Sauce
- 5 Beaten Eggs
- ½ cup Red Onion
- Keep Bacon Grease for cooking our Ingredients.

Instructions:

1. Precook bacon and Sausage until its half cooked. You will finish cooking later with the bell peppers. Drain the Grease to use to cook the remaining ingredients.
2. Scramble 5 eggs in a bowl and cook with the bacon grease. Once cooked put to one side for later.
3. Sautee Red Onion, Garlic and Mushrooms using 2 Tbsp of bacon grease. Cook until it starts caramelizing.
4. Now add 3 cups of Bell Peppers, Color of your choice. Add the Bacon and Sausage and fry until fully cooked.
5. Add one Head of Fully Cooked Cauliflower Rice. Do Not Mix until all Spices is added.
6. Add remaining Ingredients. Mix and simmer for a few mins, always stirring to prevent rice from sticking to the pan.
7. Add Scrambled Eggs to the top of the dish along with chopped green onion. Serve and Enjoy

