

Fried Rice Replacement

(Riced Cauliflower, Quinoa, and Diced Vegetables)

A single batch of this recipe is enough to fill 2 medium Freeze Dryer trays*

[Adventures in Freeze Drying for Beginners: Fried Rice Replacement](#)

Ingredients

1 medium-large head of cauliflower	1 Cup of uncooked Quinoa
1-2 medium zucchini	2 cups + chicken or vegetable broth
2 Sweet Bell peppers	Salt and pepper
1 medium-large sweet onion	



Directions

- 1.) Start Quinoa on the stove in a medium to large saucepan, cooking 1 cup of Quinoa in 2 cups of chicken or vegetable broth. While Quinoa is cooking, do the following.
- 2.) Clean and prepare cauliflower and then rice in a food processor
- 3.) Dice zucchini, bell peppers, and medium onion
- 4.) In a stock pot, use a little bit of chicken or vegetable broth to saute zucchini, bell peppers, onions
- 5.) About this time Quinoa should be done cooking, set aside
- 6.) Once vegetables are sauteed add the riced cauliflower and cook until just heated through
- 7.) Add Quinoa and salt and pepper to taste, and mix well.
- 8.) Spread evenly across a parchment lined tray.
- 9.) Pre-Freeze
- 10.) Freeze Dry
- 11.) Store Appropriately (See Tips and Tricks for stor

My Cycle Time: In a medium freeze dryer with a premier pump, was 22 hrs

Rehydration: I have simply added a little boiling water, stirred, let stand, and add more...is about a 1:1 ratio



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray