



## EGGPLANT + GROUND BEEF STIR FRY W/ CAULIFLOWER RICE

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

### INGREDIENTS

- 2 - 12 oz packages frozen cauliflower rice
- 1 lb. ground beef
- 1 lb. eggplant
- 1/2 lb. bell peppers, medium dice
- 1 habanero pepper, seeded, minced
- 1 lg. yellow onion, diced
- 3 cloves garlic, minced
- 1"-piece fresh ginger, minced
- 1/4 c tamari
- 2 T. honey
- 2 t. fish sauce
- 2 T. pecan oil
- 1 bunch green onions, sliced
- 1 bunch cilantro, chopped

### DIRECTIONS

1. heat a large sauté pan over medium-high heat. add ground beef and cook until completely browned, making sure to break into smaller crumbles throughout the process. using a slotted spoon set aside on a paper towel lined plate. return pan to heat.
2. add pecan oil to pan and sauté onions until translucent. add garlic and ginger and continue to cook for 1-2 more minutes.
3. reduce heat to medium. add in eggplant and cook 5 minutes. Then add bell pepper and hot pepper. cook down 1-2 minutes.
4. add cauliflower rice to pan. cook 3-5 minutes. Add tamari, fish sauce and honey. stir to combine well.
5. return ground beef to pan and bring heat back to medium-high. cook for 1-3 minutes. stirring while cooking to ensure ingredients mixed well.
6. remove from heat, garnish with cilantro and green onions. Enjoy!



### NOTES

If you're not a fan of spice, remove the habanero pepper. | You can easily replace the cauliflower rice with white or brown rice to bulk out this meal. | go light on the fish sauce as it can be overpowering. | You can sub the (gluten free) tamari for regular soy sauce