Ginger-Garlic Chicken Cauliflower Fried “Rice”

1 MIN READ

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This crowd-pleasing one-pan dish will have you swearing off take-out for good.

This reimagined take-out favorite puts a more health-conscious spin on chicken fried rice, improved not least because of one essential nutrient you'll find across most of its ingredients: **choline**. Chicken, eggs, edamame, and cauliflower all deliver meaningful amounts of this under-consumed compound, which plays a vital role in cell structure, metabolism, and brain function.

If you're (understandably) less concerned with choline content than whether this single-pan dinner hits the spot, also trust it's a dead ringer for the real thing. Filling, flavorful, and packed with protein, it's a low-carb weeknight meal the whole family will love.

Why It Works

Chicken thighs deliver more choline than breast meat (about 90mg per thigh). Each egg contains 150mg. Edamame contributes a meaningful plant-based hit of around 70mg per cup, while the same amount of cauliflower adds another 50mg. Together, a single serving lands close to 360mg of choline, putting you well on your way towards the recommended daily intake of 425mg for most women and 550mg for men.

The Recipe: Ginger-Garlic Chicken

Cauliflower Fried “Rice”

- 2 boneless, skinless chicken thighs, cut into bite-sized pieces
- 3 large eggs, beaten
- 1 cup frozen shelled edamame, thawed
- 1 cup finely chopped carrots
- 3 cups cauliflower rice, fresh or frozen and thawed
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 3 tbsp coconut aminos or low-sodium soy sauce
- 1 tbsp sesame oil
- 2 tbsp avocado oil
- 3 scallions, thinly sliced
- 1 tsp salt
- 0.5 tsp black pepper
- 1 tsp chili flakes (optional)

Steps

1. 1 **Cook the chicken.** Heat avocado oil in a large skillet or wok over high heat. Add chicken thighs and season with salt and black pepper. Cook without stirring for 5 minutes until golden. Stir in carrots, and cook another 3 minutes until cooked through. Push to one side of the pan.

2 **Scramble the eggs.** Beat and pour the eggs into the empty side of the pan. Let them set for 1 minute, then gently scramble until just cooked. Break into chunks and mix through the chicken.

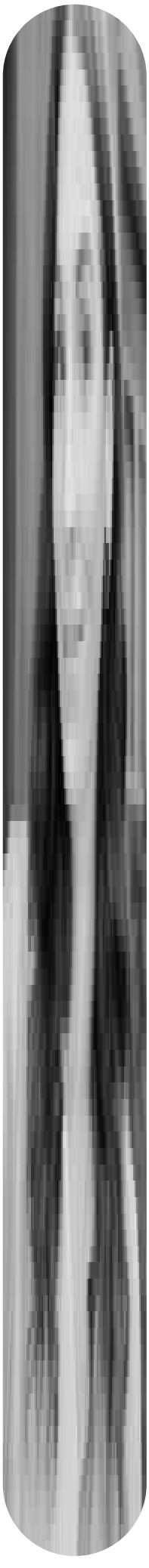
3. 3 **Add aromatics and cauliflower rice.** Add garlic and ginger, stirring everything together for 3 minutes until fragrant. Dry and add cauliflower rice, and press it into the pan. Let it sit undisturbed for 2 minutes to reduce moisture and get some color, then toss everything together.

4. 4 **Finish and serve.** Add edamame and coconut aminos or low-sodium soy sauce. Toss to combine. Drizzle with sesame oil. Taste and adjust seasoning. Serve topped with scallions and, optionally, chili flakes. Enjoy!

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