

## Fried Rice Slice

Recipe by nutritionist Casey-Lee Lyons from *Live Love Nourish*. [www.livelovenourish.com.au](http://www.livelovenourish.com.au)

Prep: 15 mins  
Cook: 25 mins  
Serves: 4-6

### Ingredients:

3 cups cooked white long grain rice  
1 cup grated cauliflower  
2 tbsp extra virgin olive oil  
2 carrots, finely diced  
1/2 cup bacon\*, chopped  
1/2 cup cooked chicken, chopped  
2 shallots, finely sliced  
3/4 cup frozen peas, thawed  
1-2 tbsp tamari soy sauce  
6 eggs, whisked  
2 tbsp sesame seeds

### Method:

1. Pre-heat oven to 180°C.
2. Cook rice.
3. Heat oil in a non-stock wok or large frying pan over medium heat. Add bacon and cook until golden. Remove and set aside.
4. Add grated cauliflower and carrots to wok, stir and cook until tender.
5. Add cooked rice, peas and shallots. Stir to combine.
6. Transfer fried rice and bacon to a large mixing bowl. Add chopped chicken. Add whisked eggs and combine well. Transfer to a lined large slice tin. Sprinkle evenly with sesame seeds.
7. Place in oven and cook for 20 minutes until egg is cooked through.
8. Remove from oven and slice into bars.

### Recipe tips:

You can also use chopped ham instead of bacon. Simply add to mixture without heating through.

Sesame seeds are optional but add a delicious source of calcium.

### About the author:

*Passionate about inspiring others to live a healthy and happy life, naturopath and nutritionist Casey-Lee Lyons shares her healthy recipes, free from gluten, dairy and sugar, in a refreshing and simple way.*

*Her easy-to-understand nutrition and lifestyle advice has helped many people improve their health and vitality and to live their healthiest and best life.*

*To download her free recipe e-book or to browse through hundreds of delicious recipes visit [www.livelovenourish.com.au](http://www.livelovenourish.com.au) or follow Live Love Nourish on social media:*

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