

Spicy Cauliflower and Tomato Stir Fry

By: Andrea | Cooking with a Wallflower

Ingredients:

1/2 head of large cauliflower, chopped
1 medium sized tomato, chopped
1/4 - 1/2 cup onions, sliced
1 tablespoon olive oil
1/4 cup water, divided
2 tablespoons ketchup
1 teaspoon sugar
1/4 teaspoon crushed red pepper, more to taste
Pinch of salt, more to taste

Yield: 1-2 servings

Directions:

Chop up the cauliflower into small pieces. Cut the tomatoes into thick wedges, and slice the onion.

In a medium sized pan, add about a tablespoon of olive oil. Allow the oil to heat for about a minute before adding the onions. Stir the onions with the spatula to cook them evenly.

Once the onions start to soften, add the cauliflower and 1/8 cup water. Cook the cauliflower for about 5 minutes until they start to soften.

Add the tomatoes and the rest of the water. Stir until the tomatoes have softened.

Add the ketchup, sugar, crushed red pepper, and a pinch of salt, more to taste. Stir to incorporate all the ingredients. The sauce will coat the cauliflower florets and turn them a reddish orange color.

Once all the ingredients are soft to your taste, remove the pan from the heat.

Plate the cauliflower and tomatoes and serve warm. Enjoy!