

Anchovy & Crab Fried Rice

Serves: 2

Ingredients

- 5 tbsp extra virgin olive oil, divided
- 2 eggs, beaten
- 1 cup sliced cremini mushrooms
- 1 cup diced yellow onion
- 3 large garlic cloves, minced
- 4 fillets [Crown Prince Natural Anchovies in Pure Olive Oil](#)
- 1 cup small cut cauliflower florets
- 2 cups cooked white rice, preferably cold
- ¼ cup soy sauce
- 1 can [Crown Prince Natural Lump White Crab Meat](#), drained
- 2 green onions, sliced
- ¼ bunch cilantro, chopped
- salt and black pepper, to taste



Directions

Heat a large sauté pan over medium high heat until pan is hot. Add two tablespoons olive oil. When oil is hot, add beaten eggs. Allow the eggs to set, flip over, and break up into pieces. Transfer to a small plate.

Using the same pan, place back over the burner over medium high heat. Add three tablespoons of olive oil. When oil is hot, add sliced mushrooms and sauté, stirring occasionally until mushrooms are browned. Add diced onion and garlic. Stir occasionally until onions are translucent and garlic is fragrant. Add anchovies and stir to combine. Add cauliflower and stir to combine. Add cooked rice and soy sauce. Stir to combine, turn off the heat, add green onions, cilantro, and crab meat. Season to taste and serve.