



## EASY SHRIMP FRIED CAULIFLOWER RICE

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Yield: approximately 4 servings

### Ingredients:

- ❖ 3 tablespoons coconut oil
- ❖ ½ cup onion, finely chopped
- ❖ 1 medium head cauliflower, florets removed
- ❖ 1 cup frozen peas
- ❖ ½ cup carrots, small dice
- ❖ 1 red bell pepper, small dice
- ❖ 1 teaspoon garlic, minced
- ❖ 1 inch piece of ginger root, peeled and grated
- ❖ ½ lb shrimp, peeled and deveined
- ❖ 2 eggs beaten
- ❖ ¼ cup tamari or coconut aminos (*"Coconut Secret"*)
- ❖ 1 tablespoon honey
- ❖ 2 scallions, thinly sliced



### Procedure:

1. Add the cauliflower florets in a food processor and process until the size of rice.
2. In a large skillet, over medium heat, add coconut oil and saute onion for 3-4 minutes or until soft. Add peas, carrots and bell pepper and cook for 2 minutes until soft.
3. In a small bowl, whisk together the tamari, honey, garlic, and ginger. Set aside.
4. Add the beaten eggs to the vegetable mixture and cook through until well combined.
5. Add the shrimp and saute until partially cooked (1-2 minutes)
6. Stir in cauliflower rice and pour the sauce on top. Mix well and cook through for an additional 5-6 minutes until cauliflower is soft and tender.
7. Garnish with scallions and serve.