



Garlicky Shrimp and Cauliflower Rice

INGREDIENTS

1 head of cauliflower, cut into large florets OR 2 bags of store bought frozen riced cauliflower
1 lb. shrimp
4 cloves fresh garlic, minced
5 green onions, diced
3 cups fresh chopped kale or spinach
1 tsp chili flakes (optional)
2 Tbsp avocado or olive oil
6 mushrooms, diced
Sea salt and pepper to taste
½ lemon

DIRECTIONS

Fresh Cauliflower: In a food processor, add cauliflower florets in 3-4 batches and process until “rice” forms. Do not to overcrowd the bowl of food processor. Transfer to a medium bowl and set aside.

Frozen Riced Cauliflower: Do not thaw. Heat oven to 300 degrees. Line a baking sheet with parchment paper. Spread the two bags of frozen riced cauliflower evenly on the baking sheet so there are no lumps or bumps. Bake for 30 minutes to dry out the cauliflower.

COOKING: Heat 1 Tbsp of oil in a large skillet over medium-high heat. Once hot, add the shrimp and cook for 1-2 minutes on each side until cooked through. Season with salt and pepper and set aside on a plate. In the same skillet and the other Tbsp of olive oil, garlic, onion, mushrooms kale or spinach and sauté until softened, about 3 minutes. Add the cauliflower rice, chili flakes and season generously with salt and pepper. Stir fry for about 3-5 minutes, then add the shrimp back to the pan and cook for about 1-2 minutes until reheated. Squeeze fresh lemon over dish before serving.