



Spicy Shrimp And Cauliflower Rice

Prep Time
5 mins
Cook Time
10 mins
Total Time
15 mins
2 servings

Paleo

Ingredients

For Shrimp, Sauce and Toppings:

- 1-2 Tablespoons Siracha It's spicy! Start with 1 tablespoon and if it doesn't have the desired heat add more a ½ tablespoon until you reach the desired level of heat
- 2 Tablespoons Honey (1 Tablespoon of Stevia)
- 1 Tablespoon Dijon mustard
- 1-2 Tablespoons coconut milk
- 1 ripe avocado, peeled and sliced
- 3-4 Tablespoons olive oil, separated
- 5 cups riced cauliflower, see instructions at the bottom of the recipe if making your own
- Sea salt, pepper to taste
- 10 ounces raw shrimp, deveined, shells and tail removed (or bag of frozen raw shrimp thawed)
- 2 large eggs fried
- 1 Tablespoon chives for garnish (make it pretty and a layer of flavor)

Instructions

Making the Sauce:

1. In a small bowl, whisk together Siracha, Dijon mustard, honey and coconut milk mix well
2. Set sauce aside
3. Peel and slice avocado, set aside

Time to start cooking!

1. You are going to have two pans going at once. If you aren't comfortable with that start with cauliflower, then the shrimp then the eggs. The cauliflower will be cooked in one large pan, and the shrimp in a medium pan.
2. Heat a large pan on medium for two minutes, add olive oil (enough to cover bottom of pan)
3. When olive oil is hot but not smoking add cauliflower rice, stirring here and there until it starts having the beginning of toasted brown color (about 6-8 minutes) add a pinch of salt with pepper, you don't want to over season the cauliflower rice remember that the sauce has a robust flavor profile.

While cauliflower cooks, make shrimp:

1. Heat a medium pan on medium/high heat for two minutes
2. Add olive oil to each coat bottom of pan
3. When oil is hot, add shrimp to medium pan, cooking and tossing for 2-3 minutes add siracha mixture to pan, toss for one more minute, slide the shrimp to one side of the pan then turn heat to a medium/low heat.

4. Add a little more olive oil to pan. Gently crack two eggs into the pan, keep at medium/low heat and cover with lid cooking until whites are set and yolks are runny or cooked more and season eggs to taste.
5. Place cauliflower rice into bowls, pour shrimp and sauce over cauliflower rice, add avocado slices and fried egg, garnish with chives. Enjoy!

Easy Cauliflower Rice

There are two different options here outside of buying the store bought frozen version.

1. Purchase a head of cauliflower cut off the stalk place in a food processor until it has a rice consistency, a knife can be used to dice into the same rice consistency, a box grater can be used as well.
2. Purchase a bag of frozen cauliflower cook for 3 minutes in the microwave drain the excess water out of the bag place in a food processor until it has a rice consistency, a knife can be used to dice into the same rice consistency, a box grater can be used as well.

Enjoy!