

Low Carb Shrimp Fried “Rice”



Cook the cauliflower rice, shrimp, broccoli, bell peppers and garlic in one wok or skillet in stages. This will keep the ingredients intact, not all mashed together in the final dish.

Ingredients

- ¼ cup sesame oil, divided
- 2 large eggs, lightly beaten
- 3 cups riced cauliflower (see Tip)
- 1 pound large shrimp (31-35 count), peeled and deveined
- 3 cups broccoli florets
- 1 medium red bell pepper, thinly sliced (about 1 cup)
- 3 cloves garlic, sliced
- 3 tablespoons reduced-sodium soy sauce or tamari
- 2 tablespoons water
- 1 tablespoon rice vinegar
- ½ teaspoon ground pepper

Instructions

1. Heat 2 teaspoons oil in a large flat-bottomed carbon-steel wok or large, heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into 1/2-inch pieces.
2. Add 2 teaspoons oil to the pan; heat over high heat. Add cauliflower in an even layer; cook, undisturbed, until lightly browned, 3 to 4 minutes. Transfer to a plate.
3. Add 2 teaspoons oil to the pan; heat over high heat. Add shrimp; cook, stirring often, until just opaque, about 3 minutes. Transfer to the plate with the cauliflower.

4. Add the remaining 2 tablespoons oil to the pan; heat over high heat. Add broccoli, bell pepper and garlic; cook, stirring occasionally, until lightly charred, 4 to 5 minutes. Stir in soy sauce (or tamari), water, vinegar and pepper. Bring to a boil; boil for 30 seconds. Remove from the heat. Stir in the reserved eggs, cauliflower and shrimp.

From ***Skinny Taste*** (skinnytaste.com)