

CAULIFLOWER SHRIMP BOWL

INGREDIENTS

- 10 oz. wild shrimp - de-shelled & deveined
- 3 cups cauliflower rice
- 1 cup broccoli - chopped
- 1 cup mushrooms - sliced
- 2 garlic cloves
- 1 tbsp. oil for cooking
- Salt and pepper to taste
- Cilantro - for topping



PREPARATION

1. Start by sautéing the broccoli florets in a covered pan for about 5 minutes (keep a little below medium heat) with salt and pepper.
2. Cook cauliflower rice in a separate skillet on medium heat with salt, pepper, and one minced garlic clove.
3. Add the shrimps and some mushrooms to the broccoli pan.
4. After about 4 minutes (or until the shrimp is heated through), put the mix into the cauliflower rice skillet. Stir it all together and cook for a minute.
5. Place into a bowl and top with cilantro.
6. Serve and enjoy!

