

## Cauliflower & Shrimp Fried "Rice"



### Makes:

6 servings as a side dish

### Utensil:

Saladmaster Food Processor

7 Qt./6.6 L Wok with Cover

small mixing bowl

### Rate Recipe:

Select rating Give Cauliflower & Shrimp Fried

&quot;Rice&quot; 1/5 Give Cauliflower & Shrimp Fried

&quot;Rice&quot; 2/5 Give Cauliflower & Shrimp Fried

&quot;Rice&quot; 3/5 Give Cauliflower & Shrimp Fried

&quot;Rice&quot; 4/5 Give Cauliflower & Shrimp Fried

&quot;Rice&quot; 5/5

### Contributed By:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Write a Review](#)

### Recipe Description:

Lighten up your traditional stir fried rice by substituting rice for cauliflower and adding in a lot of vegetables. Serve as a side dish or as an entrée with a side of seaweed salad or sautéed greens.

3

eggs, organic

1

teaspoon

water

(5

mL)

<sup>1</sup>?<sub>2</sub>

pound

shrimp, peeled, deveined and diced into small pieces

(227

g)  
 3  
 cloves garlic, shredded, use Cone #1  
 1  
 tablespoon  
 ginger, shredded, use Cone #1  
 (6  
 g)  
 2  
 small  
 heads cauliflower, rinsed and drained, processed, use Cone #3  
 (about 4 cups)  
 10  
 ounces  
 frozen mixed vegetables (peas, carrots, green beans, corn or your  
 favorite combination)  
 (284  
 g)  
 4  
 scallions, white and green part, thinly sliced  
 1  
 teaspoon  
 toasted sesame oil  
 (5  
 mL)  
 2  
 tablespoons  
 tamari or natural soy sauce  
 (30  
 mL)  
 1<sup>1</sup>?<sup>4</sup>  
 cup  
 almond slivers, toasted (optional)  
 (27  
 g)

**Directions:**

1. Preheat wok over medium heat until several drops of water sprinkled on wok skitter and dissipate.
2. In a small bowl, whisk eggs with water until combined. Add eggs to wok and cook approximately 30 seconds, until cooked through. Remove eggs and set aside.
3. Place chopped shrimp in wok and cook for 1 - 2 minutes until cooked through and firm. Remove from heat and set aside.
4. Add cauliflower, garlic and ginger to wok, spreading vegetables out to cover pan. Stir fry for 2 - 3 minutes, tossing occasionally.
5. Add frozen mixed vegetables, cooked eggs and shrimp. Toss to combine and place cover on pan slightly ajar. Stir fry for 2 -

3 minutes.

6. Season stir fry with toasted sesame oil, tamari and chopped scallions.
7. Taste and add more seasoning, if needed.
8. Serve stir fry topped with toasted slivered almonds, if desired.

**Tips:**

- Substitute shrimp for chicken, beef or tofu.
- Substitute frozen vegetables for your favorite combination of fresh seasoned vegetables: broccoli, zucchini, snap peas, carrots.

Nutritional Information per Serving

**Calories:**

171

**Total Fat:**

7g

**Saturated Fat:**

1g

**Cholesterol:**

163mg

**Sodium:**

477mg

**Total Carbs:**

14g

**Dietary Fiber:**

5g

**Sugar:**

3g

**Protein:**

16g