

# HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

## Keto Shrimp Fried Rice



### Ingredients

- 3 cups of riced cauliflower
- 1 tablespoon vegetable oil
- ½ cup onions, finely chopped
- ½ cup carrots, chopped
- ½ cup red bell pepper, chopped
- ½ cup frozen peas
- 2 tsp minced garlic
- 2 eggs lightly beaten
- 2 tbsp soy sauce, or more to taste
- 1 tbsp toasted sesame oil
- ¾ pounds shrimp peeled and deveined
- salt and pepper to taste
- optional: sliced green onions for garnish

### Instructions

1. In a skillet, heat 2 teaspoons of the vegetable oil over medium-high heat.
2. Add the onion and carrot to the pan, cook 3-5 minutes or until softened. Stir in the red bell pepper; cook 2-3 minutes more. Add the garlic and cook for 30 seconds. Season to taste with salt and pepper.
3. Remove the vegetables from the pan, place them on a plate and cover to keep warm.
4. Add a bit of oil into the pan; add the eggs and cook, stirring occasionally and breaking up with a spatula until the eggs are scrambled and cooked through. Season with salt and pepper.
5. Add the cauliflower rice, reserved cooked veggies and frozen peas to the pan. Stir in the soy sauce and sesame oil and cook until cauliflower has just softened (2-3 minutes).
6. Season shrimp with salt and pepper and add to the pan; cook for 3-4 minutes, stirring occasionally, or until shrimp is pink.
7. Serve immediately, sprinkling with sliced green onions, if using.

***Buon Appetito!!***