

## **Turmeric Stir Fry with Riced Cauliflower**

(Paleo, Whole 30 friendly)

### **Shopping List:**

- ¼ cauliflower, riced
- 2 tbsp coconut oil or olive oil
- 5 tbsp coconut aminos
- ½ large yellow onion, diced
- 2 garlic cloves, minced
- 6-8 shrimp
- 1/2 tbsp turmeric
- ¾ to 1 cup broccolini, chopped
- ½ cup Brussels sprouts, halved or quartered
- 8-10 baby carrots, chopped
- 2 celery stalks, chopped
- 2 scallions, diced

### **Riced Cauliflower:**

Rinse the cauliflower and cut off about ¼ of the florets from the cauliflower head. Pulse the florets in a food processor until you achieve a rice like consistency. Transfer it to a non-stick sauté pan or copper pan. You can add a little bit of oil to cook the riced cauliflower, but you will not need much. Sauté the rice until it is heated through. Be careful not to cook it too long or it will get soggy as cauliflower has a lot of water in it.

### **Turmeric Shrimp Stir Fry:**

Start by un-thawing the shrimp, if you purchased it frozen. You can do this by running cold water over the shrimp. Be careful not to use hot water as it will begin to cook the shrimp.

Chop/dice all the vegetables to be used: onions, broccolini, Brussels sprouts, carrots, celery, and scallions. Peel and finely chop/mince the 2 garlic cloves.

Heat up a large, non-stick skillet or wok over medium to high heat. Add in the coconut oil or olive oil. You can use sesame oil in small amounts on Paleo, so this may be a better option if using a wok. Next add in the onions and sauté

until fragrant. Add in the minced garlic and the remaining vegetables (except the scallions) with the 5 tablespoons of coconut aminos and turmeric. Allow the vegetables to cook, tossing occasionally, for about 2-3 minutes before adding in the shrimp. Make sure the shrimp reach the bottom of the skillet/wok so that they cook thoroughly. Flip the shrimp once or twice to ensure both sides are bright pink. If your stir-fry dries up as it's cooking and the vegetables are absorbing the liquid, you can add more coconut aminos.

\*Additional seasonings recommended: salt and pepper to taste, garlic powder, onion powder.

\*\*Optional vegetables or substitution ideas: cauliflower, eggplant, bell pepper, bok choy, grated ginger, kale

Serve immediately over riced cauliflower.