CHINESE · DINNER · LUNCH

Shrimp Cauliflower Fried Rice

20 min · Serves 3 · 395 kcal a serve · Video 10:59 · Low Carb Love

Pescatarian · Dairy-free · Nut-free

Cauliflower stands in for rice, so a generous bowl has around 7 g net carbs, while the shrimp and eggs supply about 37 g protein per serve.

Diet notes: Low carb (7 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari or coconut aminos instead of soy sauce to keep it gluten-free.

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Ingredients 14 · SERVES 3

- [ ] 450 g bag **frozen cauliflower rice**
- [ ] 450 g **raw shrimp** (prawns), peeled and deveined
- [ ] 60 ml **olive oil** (or avocado oil), for frying
- [ ] **peas**, from 10 g mixed vegetables
- [ ] diced **carrot**, from 10 g mixed vegetables
- [ ] diced **red onion**, from 10 g mixed vegetables
- [ ] 1 tsp minced **garlic**
- [ ] 1/4 tsp **ground ginger**
- [ ] 1 1/2 tbsp **soy sauce**
- [ ] 1 tsp **sesame oil**
- [ ] 2 **eggs**
- [ ] a pinch of **salt**
- [ ] a pinch of **black pepper**
- [ ] **green onion or coriander**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Crustacea, Egg, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Microwave the bag of cauliflower rice for about 3 minutes, snip a corner and squeeze out as much water as you can (use a towel if it's hot). Dry rice is the secret to a fluffy, not mushy, result. 1:22
2. Heat the oil in a large pan over medium-high heat and fry the shrimp about 1 minute per side. Lift them onto paper towel and spoon 1–2 tbsp of the oil into a cup for the eggs. 2:17
3. Sauté the onion, peas and carrot in the pan until tender, then add the cauliflower rice and stir-fry until any remaining moisture has cooked off. 4:20
4. Add the garlic, ginger, soy sauce and sesame oil and keep tossing until the rice is dry and fluffy again. 5:16
5. Push the rice to one side, add 1–2 tbsp of the reserved oil and scramble the eggs on their own, seasoning with salt and pepper. 6:52
6. Stir the eggs through the rice, return the shrimp, stir-fry 2–3 minutes and serve topped with green onion or coriander. 8:19

> **Tip** Serves 2–3 (the cook's description); we've counted 3. Works with diced chicken instead of shrimp. Keeps 2 days in the fridge; reheat in a hot pan so it stays fluffy.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
395 kcal	37 g	11 g	3.6 g	24 g	920 mg
1,650 kJ	74% of a day	7 g net · 3.9 g sugars	13% of a day	4.1 g saturated	40% of a day
		4% of a day		31% of a day	

Energy from net carbs 7% · protein 38% · fat 55% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 130% · Vitamin B12 101% · Vitamin C 83% · Omega-3 37% · Vitamin K 34% · Folate 33% · Vitamin B6 32% · Vitamin E 31% · Zinc 26% · Magnesium 20%

Source of (10–19%) Potassium 19% · Vitamin A 17% · Calcium 11% · Iron 11%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=--NAOwmuso4, published 18 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-shrimp-cauliflower-fried-rice