

Creamy Garlic Shrimp with Cauliflower Rice Risotto

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Servings: 5

*1 large head cauliflower,
chopped into florets
14 ounces prawns (shrimp),
peeled, tails intact
2 tablespoons butter
4 cloves garlic, crushed
juice of 1/2 lemon
1 tablespoon olive oil
1 cup cream
1/4 cup dry white wine
1/3 cup grated Parmesan
cheese
salt (to taste)(about 1 to 2
teaspoons)
2 tablespoons parsley,
finely chopped
cracked pepper
lemon wedges (to serve)*

Add one cup of cauliflower florets at a time to a blender (or food processor). Pulse each batch quickly about 3 to 5 times or until the cauliflower is the same consistency as rice. Transfer to a large bowl and repeat with the remaining cauliflower until done.

Melt butter in a large pan or skillet over medium heat. Add the prawns (shrimp) and sear them, stirring occasionally, until they just start to change in color. Add the garlic and lemon juice and fry for an additional minute. Add the oil and cauliflower "rice" to the pan and fry for a few minutes until glossy and coated in the pan flavors. Stir in the cream, wine and cheese. Season with salt. Reduce the heat to low, cover the pan and cook, stirring occasionally, until the cauliflower is creamy and tender (about 6 to 8 minutes).

Serve with parsley, pepper, lemon wedges and top with additional cheese if desired.

Per Serving (excluding unknown items): 222 Calories; 21g Fat (85.6% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 171mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.