

CAULIFLOWER FRIED RICE WITH SHRIMP, EGG, AND GREEN ONION

by radish*rose

Adapted from [The Londoner](#)

Generously serves 2 hungry adults

Ingredients:

1 head cauliflower

Fine sea salt

2 T. coconut oil

1 T. sesame oil

1/2 onion, chopped

2 cloves garlic, pressed

Red pepper flakes, to taste

1 handful of sliced green onions, plus more for garnish if desired

1/2 lb. peeled, cooked shrimp (if you're starting with raw shrimp, just peel 'em, boil some salted water, throw the naked little guys in, and stir for maybe 2 minutes till they turn pink, then drain and set aside)

2 eggs

Wok sauce: 2 T. soy sauce, 1 T. sesame oil - mix together in a small bowl

1 handful of fresh cilantro, chopped

1 handful of roasted peanuts, roughly chopped

Sriracha sauce (or other hot sauce you like), for serving

Equipment: Large saute pan or wok (I use this [Joyce Chen wok](#)), food processor with grating blade OR sharp knife, clean dish towel

Make your cauliflower rice: Remove leaves from cauliflower and break into florets (I usually wash it as florets, instead of as a whole head). Using the grating disk on your food processor, grate the cauliflower. It will resemble rice at this point. Awesome! I have a friend who chops the cauliflower by hand, so if you don't have a food processor, that will work too. Now, spread your clean dish towel out on the counter, and spread the cauliflower rice on it. Lightly salt it with fine sea salt, and let sit while you prepare everything else. (This step is to remove moisture from the cauliflower so it will brown nicely and not be mushy when you saute it. You'll notice moisture wicking out into your towel.)

Fry the "rice": Make sure you've prepped all your ingredients before you start - this goes really fast! Blot your cauliflower rice extra dry with the towel, then transfer it from the towel into a bowl so you don't catch your towel on fire while adding it to the wok (no, this wasn't from experience, but the thought did occur to me!). OK? Ready!

Heat your wok or large saute pan over the highest heat your stove has. Once it's very hot, add 2 T. coconut oil and 1 T. sesame oil and let them heat until shimmery. Add onion and let sizzle for about 30 seconds while stirring, then add your garlic and red pepper flakes and stir for just a few seconds (don't let the garlic burn). Add the cauliflower and stir it well to incorporate the flavored oil. Add your green onions and stir some more. Press the "rice" against the sides of the wok to let it brown for a minute or two. (It should smell super good right now!)

Make a well (meaning a small space with no rice in it where you can see the pan) at the bottom of the wok, and crack one egg in. Scramble it a bit, then stir into the rice. Repeat with the 2nd egg. (If you want to add even more eggs, go for it!) Add the pre-cooked shrimp, and stir them through. Now, mound all the rice in the middle of your wok, and pour the wok sauce around the edges (it will sizzle). Mix well to incorporate the wok sauce through the whole dish.

To serve: Scoop into bowls, then top with chopped cilantro, more sliced green onions if you like, chopped peanuts, and a squirt of sriracha sauce. Enjoy your carb-free deliciousness!!

Original post: <http://radishrose.net/2014/12/23/cauliflower-fried-rice-with-shrimp-egg-and-green-onion>

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