

Cauliflower Fried Rice with Curried Shrimp

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Servings: 4

*1 pound large shrimp,
peeled and deveined
Kosher salt
2 teaspoons curry powder
5 tablespoons vegetable oil
1 onion, chopped
3 scallions (white & green
parts separated), thinly
sliced
1/4 cup sliced almonds
1 tablespoon fresh ginger,
minced
3 cloves garlic, minced
3 cups cooked long-grain
white rice
2 cups frozen riced
cauliflower, thawed
sliced Persian cucumber
(for serving)
mango chutney (for serving)
plain yogurt (for serving)
lime wedges (for serving)*

Season the shrimp lightly with salt and toss with one teaspoon of curry powder. In a large nonstick skillet over high heat, heat two tablespoons of vegetable oil. Add the shrimp and cook until lightly browned around the edges and just cooked through, 1 to 2 minutes per side. Remove to a plate.

Add the remaining three tablespoons of vegetable oil to the skillet along with the onion and scallion whites. Cook, stirring occasionally, until softened and lightly browned, about 3 minutes. Stir in the almonds, ginger, garlic and remaining one teaspoon of curry powder. Cook, stirring, until the almonds are lightly toasted, about 1 minute. Add the white rice, riced cauliflower and 1/2 teaspoon of salt. Cook, tossing and breaking up any clumps, until lightly toasted and heated through, about 3 minutes. Add the shrimp and toss until warmed through, about 1 minute. Season with salt.

Divide the fried rice and shrimp among the bowls. Serve with sliced cucumber, mango chutney, plain yogurt and lime wedges.

Top with the scallion greens.

Per Serving (excluding unknown items): 496 Calories; 24g Fat (44.3% calories from fat); 29g Protein; 40g Carbohydrate; 2g Dietary Fiber; 173mg Cholesterol; 172mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.