

Pan Shrimp with Brown Fried Rice

Servings: 4

RECIPE BOX

INGREDIENTS

SHRIMP

2 TBSP OLIVE OIL
1/2 SMALL LEMON, SQUEEZED
1/2 POUND RAW SHRIMP
SALT AND PEPPER
HANDFUL YELLOW ONIONS, DICED
1 GARLIC CLOVE, CRUSHED

BROWN FRIED RICE

1 MEDIUM YELLOW ONION, FINELY CHOPPED
2 TBSP OLIVE OIL
2 EGGS
2 CARROTS, CHOPPED
3 CELERY STALKS, CHOPPED
4 CUPS INSTANT BROWN RICE, COOKED
4 GREEN ONIONS, CHOPPED
2 TBSP COCONUT AMINOS or SOY SAUCE
1/2 TSP GINGER
1/2 TSP PEPPER



DIRECTIONS

STEP 1: Combine shrimp, lemon, salt, and pepper into a bowl, toss with tongs, let sit 5-10 minutes.

STEP 2: Heat skillet on medium to medium high, add olive oil, garlic, and onions. Cook 3-4 minutes. Add shrimp, cook 3-4 minutes on each side. Serves 2.

STEP 3: Heat 1 TBSP olive oil in skillet; add finely chopped onions and cook until translucent. Set aside. Cook egg, set aside.

STEP 4: Heat 1 TBSP olive oil; add carrots, celery, and cooked onion. Cook 3-4 minutes. Add rice, green onions, egg, coconut aminos/soy sauce. Mix well and cook 3 minutes, then toss and cook another 3 minutes. You can also substitute cooked rice with cauliflower rice, as found in the frozen section of grocery store.

GF Be sure to purchase gluten free rice.

V Substitute tofu for shrimp.

Nutrition per Serving: Calories 464, Fat 22g, Carbs 51g, Fiber 5g, Sugars 4g, Protein 16g

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