

# 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  
1 TBSP SESAME OIL  
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  
3/4 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 (about 8-10 minutes). Set aside. Cook egg, set aside. sides of the chicken. Top with lemon slices.

**STEP 4:** Heat 1 TBSP olive oil; add carrots, celery, and cooked onion. Cook 3-4 minutes. Add rice, green onions, egg, sesame oil, 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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