



A quick, bold-flavored dish that comes together fast and feels light but satisfying.

Garlic Shrimp with Rice *or* Cauliflower Rice

Ingredients:

- 1 lb large shrimp, peeled & deveined
- 3 cloves garlic, minced
- 2 tbsp olive oil or butter
- ½ tsp paprika
- ¼ tsp red pepper flakes (optional)
- Salt & black pepper, to taste
- 1 cup cooked white or brown rice or 3 cups cauliflower rice
- Optional: chopped parsley or green onions

Instructions:

- Cook rice if using (½ cup dry rice makes about 1 cup cooked).
 - *If using cauliflower rice:* In a separate skillet, heat 1–2 tsp olive oil over medium heat, add cauliflower rice, season lightly with salt and pepper, and sauté for 3–5 minutes until tender and excess moisture has cooked off.
- Heat oil or butter in a large skillet over medium heat.
- Add garlic and sauté for 30 seconds.
- Add shrimp, paprika, red pepper flakes, salt, and pepper.
- Cook shrimp 2–3 minutes per side, until pink and opaque.
- Serve shrimp over rice or cauliflower rice and garnish if desired.