



Shrimp & Cauliflower 'Grits'

Yields: 4 servings

Prep time: 5 mins

Cook time: 15 mins

INGREDIENTS:

- 2 ½ tablespoons of butter
- 1 ½ tablespoons of low sodium Cajun Seasoning
- 1 bag of medium peeled, deveined frozen shrimp (30-45 pieces)
- ½ cup of red onion (chopped)
- 3 cloves of garlic (minced)
- 20 ounces (2 bags) frozen cauliflower rice

TOOLS:

- [Chantal Cast Iron Skillet \(10 In.\)](#)





Shrimp & Cauliflower 'Grits'

PROCESS:

1. Thaw shrimp in a bowl full of cool water. Remove the tails of the shrimp if they are still attached. Rinse the shrimp well.
2. Sprinkle the Cajun seasoning onto the shrimp and toss to coat well. Set aside.
3. Melt 1½ tablespoons of butter in the skillet over medium heat.
4. Add the minced garlic and chopped onions to the butter and cook for 5 minutes.
5. Turn the heat up to medium-high and add the shrimp to the skillet. Cook until they begin turning pink (3 minutes.) Then, flip the shrimp and repeat cook time.
6. Prepare frozen cauliflower rice according to the instructions on the bag. Remove from bag and mix 1 tablespoon of butter into the cauliflower.
7. Spoon shrimp and melted butter from pan over the cauliflower grits.

Enjoy!