

Shrimp Rolls with Asparagus & Avocado

eatrealfoodacademy.com



Ingredients:

- 1 head of cauliflower, washed
- 2 tablespoons coconut oil (separated)
- 1/4 pound asparagus (4-6 stalks)
- 1 tablespoon butter
- 1/2 pound shrimp
- 2 cloves fresh garlic, minced
- 1/2 avocado, sliced
- 1 package of seaweed rolls (available at Metro in Belleville)

Preparation:

1. Grate cauliflower in a food processor until it reaches rice consistency (note: if you don't have a food processor you can chop the cauliflower with a knife to suitable thickness).
2. Melt 1 tablespoon of coconut oil in a large skillet. Add cauliflower. Sauté until it reaches a tenderness similar to cooked rice, about 5-10 minutes.
3. Transfer cauliflower to a large bowl and set in the fridge or freezer to cool.
4. Place asparagus in a large bowl. Boil water in a kettle. Pour boiling water over asparagus until it is covered and leave it to soften, about 10 minutes.
5. Melt the other tablespoon of coconut oil and the tablespoon of butter in the skillet. Add shrimp and minced garlic. Sauté until the shrimp is cooked all the way through.
6. On a cutting board set out a seaweed wrap. Cover 3/4 with a thin layer of cauliflower. In the lower half add rows of asparagus, shrimp and sliced avocado.
7. Roll the seaweed paper and seal the top end (check package instructions). Slice into 1 inch thick pieces.