

KETO CAULIFLOWER SHRIMP SCAMPI

yield: **4 SERVINGS**

prep time: **10 MINUTES**

cook time: **30 MINUTES**

total time: **40 MINUTES**

Buttery garlic shrimp served over oven roasted cauliflower.

INGREDIENTS

For the Cauliflower:

- 1 head of cauliflower, chopped into bite-sized pieces
- 2 tablespoons olive oil
- 1/2 teaspoon of salt
- pinch of black pepper

For the Scampi:

- 4 tablespoons butter
- 3 cloves of garlic, minced
- 1 tablespoon lemon juice
- 1/4 cup chicken broth
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- pinch of black pepper
- 16 oz. cooked shrimp
- optional topping: shaved parmesan cheese

DIRECTIONS

- 1 Preheat oven to 400 degrees. Place chopped cauliflower on a sheet pan. (I covered mine in foil for easy cleanup.) Toss with olive oil and salt and pepper to coat. Bake in the oven for about 20 minutes, or until tender and slightly browned.
- 2 Meanwhile, on the stove, heat a skillet to medium heat, and add butter. Move butter around to melt and coat the pan. Add garlic, and saute for a minute or two until fragrant.
- 3 Add lemon juice, chicken broth, red pepper flakes, salt, and pepper, and fresh parsley.

- 4 Add shrimp and let saute in pan a couple minutes to warm up.
- 5 Divide cauliflower between 4 plates, and serve shrimp over cauliflower with parmesan cheese if desired.

NUTRITIONAL INFORMATION

Yield: 4 servings,

Amount Per Serving: Calories: 321, Total Carbohydrates: 9g, Fiber: 4g, Net Carbohydrates: 5g, Total Fat: 20g, Protein: 28g

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