

# Ishbel WELL



## Spiced Butter Shrimp w/ Cauliflower Confetti Rice

**Yields:** 4 servings | **Prep Time:** 15 minutes | **Cook Time:** 15 minutes

### **Ingredients**

#### Spiced Butter Shrimp

2 lbs wild shrimp peel on  
1 1/4 cup full fat coconut milk  
4T ghee  
1 t sea salt  
1T harissa  
1T Ras El hanout  
1T chili powder  
1 t cumin

#### Cauliflower Confetti Rice

4 C "riced" cauliflower  
2-3 T coconut oil  
8 dried apricots  
1/4 C raisins  
1 C chopped onions  
3 garlic cloves  
1/2 t cumin  
Salt & peper to taste

### **Instructions**

#### Spiced Butter Shrimp

- 1) Combine all Spiced Butter Shrimp in the Instant Pot.
- 2) Mix well.
- 3) Set the Instant Pot to Manual, 2 minutes.
- 4) Manually release the steam.

#### Cauliflower Confetti Rice

- 1) Melt 1T coconut oil in Instant Pot or pot on stovetop.
- 2) Saute apricots, raisins, pecans, onion and garlic for about 5 minutes or until golden brown. Add extra coconut oil if needed.
- 3) Push mixture to the side. Add 1T coconut oil to pan. Add spices to the pan and let cook for 30 seconds. Mix all contents together.
- 4) Stir in the riced cauliflower and let cook for 5 minutes.

Place cauliflower in a bowl and top with Spiced Butter Shrimp and fresh cilantro.

**Notes:** *The Cauliflower Confetti Rice recipe my favorite cookbooks, Well Fed. Check it out!*