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Prevent and Protect
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SPICY CAULIFLOWER, BOK CHOY, AND SHRIMP STIR-FRY WITH COCONUT

Serves 2

- 1** tablespoon safflower oil
- ¼** large head cauliflower, cut into ½-inch-thick slices
- ½** large head bok choy, trimmed and sliced into 1-inch strips (about 8 ounces)
- ½** pound large shrimp, peeled and deveined
- 3** Large garlic cloves, finely chopped
- ½** teaspoon sambal oelek or other Asian chili sauce, or to taste
- 1** tablespoon agave syrup
- 2** tablespoons fish sauce
- 1/2** cup fresh basil leaves, plus more for garnish
- 3** tablespoons unsweetened flaked coconut, toasted

- Heat 1 ½ teaspoons oil in a large nonstick skillet over medium-high heat. Add cauliflower, and reduce heat to medium. Cook until golden brown, about 4 minutes. Add bok choy, and cover. Cook, stirring occasionally, until vegetables are tender, about 8 minutes. Transfer vegetables to a plate, and loosely tent with foil.
- Heat 1 tablespoon oil in same skillet over medium-high heat. Add shrimp, and cook until they begin to turn opaque, about 2 minutes. Flip shrimp, and cook until they begin to turn opaque, about 2 minutes. Flip shrimp and, using wooden spoon, push them to one side, and add remaining ½ teaspoon oil to exposed area.
- Add garlic, and cook, stirring until very fragrant but not brown, about one minute.
- Toss garlic with shrimp. Stir in sambal oelek, agave, and fish sauce. Add vegetables, and cook until heated through, about 30 seconds. Add basil, and serve immediately. Top with coconut flakes and more basil.