



Keto Paella with Cauliflower Rice

5 servings

Calories: 346

Ingredients:

5 cups cauliflower rice
2 tablespoon avocado oil
2 tablespoons extra virgin olive oil
4 organic or free-range chicken thighs skinless
1 small yellow onion diced.
2 garlic cloves
1 whole medium tomato chopped.
1 tablespoon tomato paste
1 red pepper
2 oz of green beans
1 cup green peas
½ tsp salt
½ tsp cracked black pepper
1 teaspoon smoked paprika.
Good pinch of saffron strands
3 tablespoons chicken stock
¾ cup frozen peeled cooked prawns
Juice of ½ lemon
2 tbsp fresh parsley

Directions:

Place the cauliflower florets in a food processor until they look like rice.

Heat two tablespoons of avocado oil in a large nonstick pan or a paella pan.

Add the chicken and onion and cook for 4 minutes on medium heat. Add the garlic and sauté for one more minute.

Add the tomato, tomato paste, green peas, green beans, salt and pepper and spices and cook for 4 more minutes.

Add the cauliflower rice, stock and prawns and cook for approximately 7 minutes or until rice and prawns are cooked for your liking. Check the seasoning and adjust to taste, adding lemon juice, parsley and adding two tablespoons of olive oil to serve.

Nutrition Facts

Servings: 5

Amount per serving

Calories **346**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 3.4g **17%**

Cholesterol 150mg **50%**

Sodium 379mg **16%**

Total Carbohydrate 23.5g **9%**

Dietary Fiber 11.2g **40%**

Total Sugars 7.2g

Protein 26.7g

Vitamin D 0mcg **0%**

Calcium 117mg **9%**

Iron 3mg **19%**

Potassium 948mg **20%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*