



## Creamy Coconut Rice with Shrimp



1/2 of recipe: 268 calories, 6g total fat (3g sat fat), 740mg sodium, 31g carbs, 4.5g fiber, 4g sugars, 21g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 10 minutes



More: [Lunch & Dinner Recipes, 30 Minutes or Less](#)

### Ingredients

6 oz. (about 18) raw medium shrimp, peeled, deveined, tails removed  
1/2 tsp. garlic powder, divided  
1/4 tsp. + 1/8 tsp. salt, divided  
Dash cayenne pepper  
2 cups frozen riced cauliflower  
1 cup cooked brown rice  
1/2 cup canned lite coconut milk  
1/4 cup chopped fresh cilantro, or more for topping  
1 tsp. lime juice

### Directions

Bring a skillet sprayed with nonstick spray to medium heat. Add shrimp, 1/4 tsp. garlic powder, 1/8 tsp. salt, and cayenne pepper. Cook for about 2 minutes per side, until fully cooked. Transfer to a bowl or plate.

Remove skillet from heat; clean, if needed. Respray, and bring to medium-high heat. Add cauliflower and brown rice. Cook until hot, about 3 minutes.

Add coconut milk, remaining 1/4 tsp. garlic powder, and remaining 1/4 tsp. salt. Cook until coconut milk is bubbling, about 1 minute. Reduce heat to low, and return shrimp to the skillet. Cook and stir until hot, about 1 minute.

Stir in cilantro and lime juice.

**MAKES 2 SERVINGS**

**HG Tip:** Steam-in-bag varieties are great for brown rice in a hurry. Look for shelf-stable and frozen versions.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.