

Mardi Gras Shrimp and Grits Recipe

Ingredients for 4 Servings:

- 16 Pieces Raw Shrimp, shelled & de-veined (you can do that last part on your own, if you're up for it)
- 3 tbsp. Extra Virgin Olive Oil
- 6 Cloves Garlic, Minced (**for shrimp**)
- 2 tbsp. Oregano (I used fresh, but dried should be fine)
- Zest of 1 Lemon
- 2 Slices Bacon
- ½ Large Onion
- Salt & Pepper
- 1 Large Head Cauliflower
- 1/4 cup Almond Milk (unflavored, unsweetened)
- 1 tbsp. Butter
- 1/4 tsp. Cayenne Pepper
- 4 Cloves Garlic, Minced (**for grits**)



Recipe:

- In medium bowl, mix olive oil, 2 minced garlic cloves, lemon zest, and 1 tsp. oregano. Place your peeled and de-veined shrimp in bowl. Toss to coat and marinate in refrigerator for 1-3 hours.
- Break down the head of cauliflower into florets. Steam until tender, roughly 12 minutes, until completely tender. Drain steaming pot and return cooked florets to pot. Remove from heat. Add almond milk, butter, salt & pepper, and 4 cloves minced garlic to cauliflower. Stir to distribute evenly.
- Chop two slices of bacon and cook in a large skillet over medium heat until crispy. Set cooked bacon crumbles aside to cool. Do not wipe out the bacon fat.
- Add in the half onion and cook for 4-5 minutes until softened. Add the remaining 4 minced garlic cloves, 1 tsp. oregano, and red pepper flakes. Sauté 1-2 minutes more, stirring frequently.
- Stir in white wine vinegar. Add shrimp to the pan. Stir frequently, cooking the shrimp through, roughly 3-4 minutes. Remove from heat.
- Using an immersion blender, work the cauliflower until the consistency resembles grits. It should be thick, not runny. Season with salt & pepper to taste.
- Divide grits into ½ cup servings and dish shrimp and onions on top. Garnish with bacon crumbs and fresh oregano leaves. Add a squeeze of lemon if desired.