

Easy Cauliflower Rice Risotto with Asparagus and Shiitake Mushrooms

SCULPT
LUXE
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Healthy | Creamy | Dairy-Light | Ready in 30 Minutes



Ingredients

- 1 large organic yellow onion or leek, chopped
- 10–12 ounces shiitake mushrooms, sliced (fresh or frozen)
- 12 ounces organic asparagus, cut into 1-inch pieces
- 4–6 cloves organic garlic, minced
- 2 pounds frozen organic cauliflower rice (thawed)
- $\frac{3}{4}$ cup coconut milk
- 1 Tbsp balsamic vinegar, lemon juice, or $\frac{1}{4}$ tsp vitamin C powder
- 1 Tbsp coco aminos
- 1 tsp dried thyme or 2 tsp fresh thyme
- 2 Tbsp nutritional yeast (optional)
- Sea salt and black pepper to taste

Directions

Sauté onion or leek in a skillet with a small amount of water or broth until softened

- Add mushrooms and asparagus and cook until tender

- Stir in garlic and cook for 1 minute

- Add cauliflower rice, coconut milk, balsamic vinegar or lemon juice, coco aminos, and thyme

- Cook for 5–7 minutes until creamy and heated through

- Stir in nutritional yeast if using

Season with salt and pepper to taste

- Optional: Add protein of choice