

CRAB & ASPARAGUS

Time: 20 minutes

Serves: 4

Ingredients:

40g butter
1 small yellow onion - diced
2 cloves garlic - finely chopped
340g cauliflower "rice"
400g asparagus - cut into 3cm pieces
3g kosher salt
0.5g black pepper
1 pinch cayenne pepper
200g crab meat (ideally claw)

Preparation:

Place butter in a large saucepan on medium heat. Add the onion and garlic, stirring occasionally until the onion is soft (approximately five minutes).

Turn heat to high. Add the cauliflower, asparagus, salt, pepper and cayenne, stirring occasionally for five more minutes.

Remove from heat, stir in the crab meat and serve immediately.

Nutritional Information Per Serving:

Calories: 169
Fat: 9g
Carbs: 12g
Fibre: 5g
Protein: 14g