

Keto Spicy Prawn Hand Rolls

Hands-on 15 minutes Overall 15-20 minutes

Nutritional values (per hand roll): Total carbs: 12 g, Fiber: 6.3 g, **Net carbs: 5.8 g,**

Protein: 19.2 g, Fat: 39.4 g, Calories: 464 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 hand rolls)

Prawn Filling:

300 g cooked prawns *or* shrimps (10.6 oz)

1 tbsp [Sriracha](#) chili sauce - *you can make your own*

1/4 cup mayonnaise (55 g/ 1.9 oz) - *you can make your own*

Hand Rolls:

1 medium cauliflower (400 g/ 14.1 oz)

2 tbsp [ghee](#) *or* [coconut oil](#) (30 g/ 1.1 oz)

1 tbsp rice vinegar *or* white [wine vinegar](#)

1/4 cup mayonnaise *or* cream cheese (55 g/ 1.9 oz)

4 [nori seaweed sheets](#)

1 large avocado, sliced (200 g/ 7.1 oz)

1/2 tsp salt or more to taste (I like [Pink Himalayan](#))

6. ... and sliced avocado. Using your hands, starting from the bottom left corner, tightly roll into a cone shape. Wet the edges of the seaweed to seal. Repeat with the remaining ingredients. Eat immediately or store in the fridge for up to 3 days. The nori sheets will get soft once you assemble it and the avocado will brown so it's better to assemble the wraps just before serving. Enjoy!

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Instructions

1. Place the prawns (or shrimps) in a bowl and add the Sriracha sauce ...
2. ... and the mayonnaise. Season with salt, mix and set aside. I used shrimps which are smaller than prawns but you can use either.
3. Meanwhile, prepare the sticky cauli-rice. Cut the cauliflower into smaller florets and make the "cauli-rice" using a grater or a food processor with a grating blade (I use [this one from Kenwood](#)). Place the cauli-rice into a large hot pan greased with ghee and cook for 7-8 minutes over a medium heat. Season with salt and stir frequently to ensure even cooking.
4. Place the cooked cauliflower in a bowl and let it cool down to room temperature. Then, add the vinegar and mayonnaise (or cream cheese) and mix until well combined. The end result should be sticky so the nori sheets can hold it without spilling.
5. Assemble the rolls. Top each nori sheet with a quarter of the cauliflower rice mixture, spicy prawns, ...