

Coconut Shrimp Curry

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Servings: 6

Start to Finish Time: 30 minutes

1 cup uncooked jasmine rice
2 tablespoons vegetable oil
2 cloves garlic, minced
1 (2-inch piece) ginger, peeled and grated
1 tablespoon green curry paste
1 can (14.5 oz) coconut milk
1/2 cup low-sodium chicken broth
1 large (3/4 pound) sweet potato, peeled and cut into 1-inch cubes
2 cups cauliflower florets
1 medium onion, diced
3/4 pound raw shrimp, peeled and deveined
1/4 cup fresh basil, chopped
juice of one lime
1/2 teaspoon salt

Bring three cups of water to a boil in a medium saucepan. Stir in the rice. Reduce to a simmer and cover. Cook 20 minutes or until the liquid is absorbed.

Meanwhile, heat the oil in a large, lidded skillet over medium heat. Add the garlic and ginger. Cook for 1 minute. Add the curry paste. Cook for 30 seconds. Whisk in the coconut milk and chicken broth. Bring to a boil. Mix in the sweet potato and reduce the heat to a simmer. Cover and cook for 5 minutes.

Add the cauliflower and onion. Cover and simmer for 10 minutes or until tender.

Stir in the shrimp, basil, lime juice and salt. Cook uncovered for 3 minutes.

Serve over the cooked jasmine rice.

Per Serving (excluding unknown items): 169 Calories; 14g Fat (71.7% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 191mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.