

Curry-Spiced Shrimp and Rice

Women's Day Magazine - October 1, 2011

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

Add a raita (a cool yogurt sauce) to this Indian-inspired dish. Mix together Greek yogurt, chopped cucumber, fresh lime juice, ground cumin and chopped cilantro or mint.

1 tablespoon olive oil

1 large onion, chopped

2 medium carrots, chopped

Kosher salt

pepper

2 cloves garlic, finely chopped

2 teaspoons curry powder

1 cup long-grain white rice

1 1/2 pounds shrimp, peeled and deveined

1 cup frozen peas

1/2 cup fresh cilantro leaves

Heat the oil in a large skillet over medium heat.

Add the onion, carrots, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, covered, stirring occasionally, until tender, about 6 to 8 minutes.

Add the garlic and curry powder and cook, stirring, for 1 minute,

Add the rice and 2 1/2 cups of water and bring to a boil.

Reduce the heat and simmer, covered, for 15 minutes.

Season the shrimp with 1/2 teaspoon of salt and 1/4 teaspoon of pepper and nestle them in the partially cooked rice.

Scatter the peas over the top, cover, and cook until the shrimp are opaque throughout and the rice is tender, 4 to 5 minutes more.

Fold in the cilantro.

Per Serving (excluding unknown items): 439 Calories; 7g Fat (14.6% calories from fat); 40g Protein; 51g Carbohydrate; 4g Dietary Fiber; 259mg Cholesterol; 310mg Sodium. Exchanges: 3 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Fat.