



ME Recipe: Shrimp and Vegetable Curry

Ingredients:

- 1 tbsp. coconut oil
- 1 lb. uncooked small shrimp
- 3 garlic cloves
- ½ onion, sliced
- 3 carrots
- 1 ½ c. broccoli
- 1 bell pepper (any color is fine)
- 1 c. snow peas
- ¼ tsp. ground ginger
- 2 tsp. curry powder
- 1 c. light coconut milk
- Black pepper, sea salt and ground red pepper to taste
- 1 green onion chopped
- Optional: 1-2 tbsp. potato starch to use as a thickener. This will add 10 g of carbs per tablespoon.

Directions:

Peel and rinse shrimp, place in large bowl. Heat large pan or wok on medium to high heat. Once heated add coconut oil and swirl to coat. Add onions and sauté until soft. Add garlic, broccoli, carrots and bell pepper. Cook 2-3 minutes or until vegetables began to soften. Add ginger, curry powder, salt, pepper and ground red pepper. Slowly add coconut milk and turn heat down to medium. Cook until sauce begins to thicken slightly.* Add shrimp and snow peas. Continue to cook until shrimp are pink but be careful not to overcook shrimp. Remove from heat, top with green onions and serve.

*Note: If you are not using a thickener and you desire a thicker curry, you can use less coconut milk. If you want a thinner curry, use the full cup of coconut milk.