RECIPE

Coconut Shrimp Curry with Vegetables over Brown Rice

A weeknight dinner of pink shrimp, onion, red pepper, zucchini and spinach in a pale-gold, lightly coconut curry broth over brown rice, about 590 mg sodium and 3.5 g saturated fat a serving.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 2 tsp olive oil
- [ ] 1 medium onion, diced
- [ ] 1 medium red bell pepper, sliced thin
- [ ] 2 tbsp curry powder
- [ ] 1 tsp ground ginger
- [ ] 1 tsp garlic powder
- [ ] ¼ tsp cayenne pepper
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 medium zucchini, cut in half-moons
- [ ] 3 tbsp canned coconut milk (full-fat, shaken), thinned in the pot
- [ ] 1 lb large raw shrimp (21–25 count), peeled and deveined, thawed; buy bags whose label lists only shrimp, with no salt, sodium or phosphate added

Method

1. If the shrimp are frozen, put them in a bowl of cold tap water for 15 minutes, then drain and pat dry with a towel.
2. Warm the olive oil in a deep 12-inch skillet or a 4-quart pot over medium heat. Add the onion and red pepper and cook 4 minutes, stirring, until the onion turns glassy. Do not let it brown.
3. Stir in the curry powder, ginger, garlic powder and cayenne. Cook 30 seconds, until the spices smell toasty.
4. Pour in the broth and add the zucchini. Bring to a simmer and cook, uncovered, 8 minutes, until the zucchini is tender and the broth has cooked down a little.

- [ ] 4 cups baby spinach
- [ ] 2 tsp fish sauce
- [ ] ¼ tsp salt
- [ ] 2 tbsp lime juice
- [ ] 1 cup chopped fresh cilantro leaves
- [ ] 4 cups cooked brown rice, cooked without salt (1 cup a bowl)

5. Whisk in the coconut milk. It thins into the broth and gives a light, pale-gold sauce. Turn the heat off.

6. Stir in the shrimp, the fish sauce and the salt, then lay the spinach on top. Cover the pan and let it sit off the heat for 5 minutes. The shrimp are done when each one is pink and opaque all the way through; check the largest shrimp with a thermometer: it should read 145 °F (FDA, USDA FSIS). If it does not, or any shrimp is still grey in the middle, set the pan on low heat and stir until it does.

7. Stir in the lime juice and cilantro. Spoon over the brown rice, 1 cup of rice to each bowl.