

Curry-Coconut Shrimp Recipe

Serves 6+ Quick and Easy

- ¼ cup canola oil
- 1 medium onion
- 1 red bell pepper
- 5 clove garlic, minced
- 2 tsp minced ginger
- 2 tbsp curry powder
- 1 tsp ground cumin
- 1 tsp sugar
- 1/4 tsp crushed red pepper flakes
- 2 tbsp flour
- 2 Cups of light coconut milk or 1 can regular
- 2 pounds jumbo shrimp, peeled and deveined
- ¾ cup shredded coconut
- 2 tablespoons chopped fresh cilantro

Mx in the blender 1/4 c canola oil, 1 medium onion, 1 red bell pepper and 5 cloves of garlic to create a chunky paste.

Sauté for 4 minutes, lower the heat to simmer and add 2 tsp minced ginger, 2 tbsp curry powder, 1 tsp ground cumin, 1 tsp sugar, 1/4 tsp crushed red pepper flakes and 2 tbsp flour, mixing energetically for 2 min.

Gradually add 2 c of light coconut milk, while mixing energetically until the sauce thickens and uniform.

Simmer the sauce for 4 min, then increase the heat to medium-high again, add the shrimp, mix well to coat and cook for 4-5 min.

Finally add 1/2 c chopped fresh cilantro and 3/4c shredded coconut, mix one last time and turn off the heat.

Serve over brown rice.

Consider this with chicken and peanuts instead of shredded coconut for a yummy variation.

Enjoy!