

Shrimp and Asparagus Curry

Ingredients:

Main course

- 1½ pounds of peeled and deveined jumbo shrimp
- 1 bundle of fresh thick stem asparagus
- 3 Tbsp of extra virgin olive oil
- 3 Tbsp of Badia yellow curry powder or any local yellow curry powder in the spice rack
- ½ Tbsp of sea salt
- ¼ tsp of crushed red pepper
- 2 cups of any long grain rice

Fresh Fruit Bowl

- 1 cup of chopped cantaloupe
- 1 cup of chopped honey dew
- 1 cup of chopped water melon
- ½ of cup strawberries
- ½ cup blue berries
- ½ cup of chopped mango or pineapple

Directions:

1. Use a rice cooker and prepare two cups of any available rice.
2. Steam one bundle of fresh asparagus (cut two inches off the stem then steam for four minutes)
3. Use a 12-inch nonstick pan, put in 3 Tbsp of olive oil, then mix in 3 Tbsp of curry powder, salt, and crushed red pepper into half a cup of water.
4. Stir and then pour into pan.
5. Turn on heat to high then toss in your jumbo shrimp, stir and cover for three to five minutes just until the shrimp has turned pink.
6. Add rice to plate, then add steam asparagus and pour your shrimp curry and sauce over the rice.
7. Mixed fruit in a small bowl chopped up and chilled on the side.

Shared by: Dexter Lakhram

Registered Dietician Notes:

Main course:

Calories: 663
Protein: 47 g
Carbohydrates: 83 g
Fat: 14 g
Sat fat: 2.5 g

Fruit bowl:

Calories: 64
Protein: 0 g
Carbohydrates: 15 g
Fat: 0 g

