

## Spicy Shrimp in Coconut Milk

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

### Ingredients:

¼ cup oil  
1 cup onion, chopped  
1 tablespoon garlic, minced  
2 teaspoons fresh ginger, peeled and minced  
2 tablespoons ground coriander  
¼ teaspoon ground cumin  
¼ teaspoon ground cinnamon  
Cayenne pepper or red pepper flakes, pinch  
turmeric, pinch  
1 cup canned tomatoes, drained  
2 ½ cups unsweetened coconut milk  
½ cup water  
1 teaspoon salt  
1 ½ pounds large shrimp (26/30), peeled and deveined  
¾ cup fresh cilantro, chopped  
1 lime, cut into wedges, for serving



### Method of Preparation:

1. Heat oil in large skillet over medium-high heat. Add onions and cook, stirring occasionally, for three minutes. Add garlic and ginger, and cook for two minutes. Add coriander, cumin, cinnamon, cayenne, and turmeric and cook for one minute.
2. Add tomatoes and cook for one minute more. Add coconut milk, water and salt and bring to a simmer. Cook for 5-10 minutes, or until the sauce has thickened.
3. Add shrimp and simmer, stirring occasionally, for five minutes. Stir in cilantro. Serve with lime wedges.

#### Nutritional Analysis:

Calories: 310  
Carbohydrates: 11 g  
Sodium: 1,640mg  
Protein: 25 g  
Fat: 19 g  
Fiber: 4 g

Recipe ©Johnson & Wales University 2017. All rights reserved.

Learn more at [jwu.edu/eat-healthy](http://jwu.edu/eat-healthy)

01.16.17 "Turmeric Week"