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Coconut Shrimp Stew with Tomatoes and Cilantro

Total Time: 30 minutes

A quick shrimp stew cooked in a tomato coconut broth with a hint of lime and cilantro. Serve with "riced" cauliflower to soak up the broth.



INGREDIENTS:

1 1/4 lbs peeled and deveined jumbo shrimp (weight after peeled)
1 tsp olive oil
1 red bell pepper, diced
4 scallions, thinly sliced, white and green parts separated
1/2 cup chopped cilantro
4 cloves garlic, minced
1/2 teaspoon kosher salt
1/2 tsp crushed red pepper flakes (or to taste)
14.5 oz can diced tomatoes
14 oz can light coconut milk
1/2 lime, squeezed

DIRECTIONS:

1. In a medium pot, heat oil on medium-low heat. Add red peppers and sauté until soft, about 4 minutes.
2. Add scallion whites, 1/4 cup cilantro, garlic and red pepper flakes, cook 1 minute.
3. Add tomatoes, coconut milk and 1/4 teaspoon salt, increase heat and bring to a boil, cover and simmer on low about 10 minutes to let the flavors blend and to thicken the sauce.
4. Add shrimp and cook 5 to 6 minutes, until opaque and cooked through.
5. Add lime juice.
6. To serve, divide equally among 4 bowls, about 1 1/4 cups, serve over cauliflower "rice," then top with scallions and cilantro.

NUTRITION INFORMATION

Yield: 4 servings, Serving Size: 1 -1/2 cups

Amount Per Serving: Calories: 267, Total Fat: 10.5g, Carbohydrates: 9.5g, Fiber: 1.5g, Sugar: 3.5g, Protein: 30g