



## Aromatic Indian Shrimp Pilaf (Kolambi Bhaat)

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**2**

CALORIES



**1315 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups rice rinsed drained
- 4 bay leaves
- 3 tablespoons canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 2 inch cinnamon
- 2 tablespoons coconut or fresh
- 1 cup coconut milk
- 1 medium clove garlic cut into thin slivers

- 0.5 inch ginger grated
- 3 cardamom pods green
- 1 tablespoon juice of lime
- 1 cup onion finely chopped ( 1 medium)
- 3 serrano chiles split
- 1.5 cups shrimp
- 2 star anise whole
- 2 teaspoons turmeric
- 2 tablespoons water divided

## Equipment

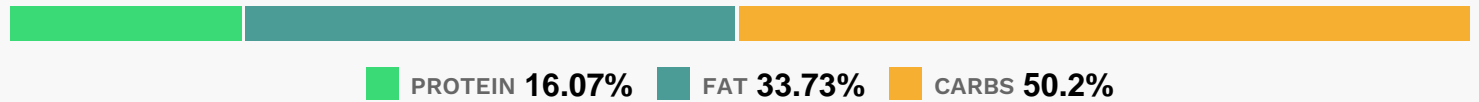
- bowl
- sauce pan
- blender

## Directions

- Combine shrimp, turmeric, and lime juice in a bowl and toss to combine. Cover and refrigerate until ready to use.
- Combine coconut, chilies, cilantro, garlic, ginger, and 2 tablespoons water in a blender and blend on high speed until smooth, about 1 minute. Set aside.
- Heat oil over medium-high heat in a heavy-bottomed saucepan until shimmering.
- Add the cloves, cinnamon, cardamom, bay leaves and star anise. Cook, stirring, until fragrant, about 1 minute.
- Add the onions and cook, stirring, until softened and just beginning to brown, about 3 minutes.
- Add the marinated shrimp and cook, stirring, until fragrant, about 1 minute.
- Add the ground spice paste and mix through with the shrimp and onion mixture. Stir vigorously until well blended and oil starts separating from the mixture-about 2 minutes.
- Add rice. Stir gently until the spice mixture coats the grains well.

- Add 3 cups hot water, 1 cup coconut water, and a teaspoon of salt. Cover and bring to a boil over high heat. Reduce heat to medium-low, remove lid, and let cook without stirring until rice is cooked and water has dried up, about 15 minutes.
- Serve immediately with papadums and raita.

## Nutrition Facts



### Properties

Glycemic Index:146.09, Glycemic Load:94.11, Inflammation Score:-10, Nutrition Score:29.575217174447%

### Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.95mg, Quercetin: 17.95mg, Quercetin: 17.95mg, Quercetin: 17.95mg

### Nutrients (% of daily need)

Calories: 1315.38kcal (65.77%), Fat: 49.64g (76.37%), Saturated Fat: 25.06g (156.61%), Carbohydrates: 166.18g (55.39%), Net Carbohydrates: 159.53g (58.01%), Sugar: 4.53g (5.03%), Cholesterol: 285.68mg (95.23%), Sodium: 243.37mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.22g (106.44%), Manganese: 4.38mg (218.85%), Phosphorus: 753.5mg (75.35%), Copper: 1.47mg (73.4%), Magnesium: 187.17mg (46.79%), Iron: 8.33mg (46.3%), Selenium: 29.29µg (41.84%), Zinc: 5.66mg (37.76%), Potassium: 1219.83mg (34.85%), Vitamin B6: 0.56mg (27.92%), Vitamin E: 4.09mg (27.24%), Fiber: 6.65g (26.59%), Calcium: 243.85mg (24.39%), Vitamin B5: 2.22mg (22.16%), Vitamin B3: 4.16mg (20.8%), Vitamin C: 15.66mg (18.98%), Vitamin K: 18.44µg (17.56%), Vitamin B1: 0.22mg (14.5%), Folate: 51.73µg (12.93%), Vitamin B2: 0.14mg (8.17%), Vitamin A: 135.24IU (2.7%)