



## Fire-Roasted Shrimp with Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon canola oil
- 1 small carrots chopped
- 1 rib celery chopped
- 2 teaspoons chili-sesame oil hot
- 2 tablespoons coconut milk
- 0.3 teaspoon curry powder
- 6 tablespoons cilantro leaves fresh divided
- 1 teaspoon ginger fresh grated

- 2 garlic cloves minced
- 1 pound shrimp fresh unpeeled
- 0.5 stalk lemongrass diced
- 1.5 cups orzo pasta uncooked
- 4 servings crunchy vegetables
- 0.8 teaspoon salt
- 1 large shallots chopped
- 1 tablespoon lite soy sauce
- 2 cups water

## Equipment

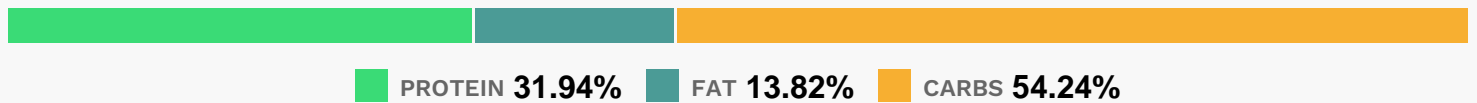
- food processor
- bowl
- frying pan
- sauce pan
- sieve

## Directions

- Peel shrimp, leaving tails on; devein, if desired. Reserve shells.
- Toss together shrimp, chili-sesame oil, 2 tablespoons cilantro, and salt in a large bowl. Cover and chill 1 hour.
- Cook orzo according to package directions; drain. Spoon hot orzo into 4 lightly greased 6-ounce custard cups, pressing lightly with back of a spoon. Set aside.
- Saut carrot and next 3 ingredients in hot canola oil over medium-high heat in a large nonstick skillet 3 minutes.
- Add 2 cups water; bring to a boil.
- Add reserved shrimp shells, lemongrass, and curry powder. Reduce heat, and simmer 20 minutes.
- Remove from heat; cool slightly.
- Process shell mixture in a food processor.

- Pour through a fine wire-mesh strainer into a saucepan, pressing with the back of a spoon. Discard solids. Stir in coconut milk, soy sauce, ginger, and remaining cilantro; bring to a boil.
- Remove from heat.
- Heat a nonstick skillet over high heat; add shrimp, and cook 3 minutes or just until shrimp turn pink.
- Unmold orzo. Spoon coconut milk mixture around orzo. Arrange shrimp around orzo; serve with vegetables.
- Note: Lemongrass is an herb used in Asian cooking that has a sour lemon flavor. Find it in large supermarkets and Asian markets.

## Nutrition Facts



### Properties

Glycemic Index:97.46, Glycemic Load:21.8, Inflammation Score:-10, Nutrition Score:21.077826137128%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

### Nutrients (% of daily need)

Calories: 422.01kcal (21.1%), Fat: 6.58g (10.13%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 51.99g (18.91%), Sugar: 2.7g (3%), Cholesterol: 182.57mg (60.86%), Sodium: 885.72mg (38.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.45%), Vitamin A: 6752.57IU (135.05%), Selenium: 36.3µg (51.85%), Manganese: 1.02mg (51.25%), Phosphorus: 428.99mg (42.9%), Copper: 0.76mg (37.84%), Magnesium: 102.81mg (25.7%), Fiber: 6.13g (24.52%), Potassium: 732.08mg (20.92%), Zinc: 2.92mg (19.47%), Iron: 2.89mg (16.03%), Vitamin C: 11.5mg (13.94%), Vitamin B3: 2.5mg (12.52%), Calcium: 124.76mg (12.48%), Vitamin B1: 0.18mg (12.2%), Vitamin B6: 0.24mg (12.03%), Folate: 45.04µg (11.26%), Vitamin B2: 0.13mg (7.78%), Vitamin B5: 0.49mg (4.86%), Vitamin K: 4.83µg (4.6%), Vitamin E: 0.4mg (2.64%)