



Goan Shrimp in Roasted-Coconut Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pieces cinnamon sticks (1-inch)
- 1 teaspoon sea salt
- 1 teaspoon coriander seeds
- 0.5 teaspoon cumin seeds
- 3 garlic clove finely chopped
- 1 tablespoon ginger grated peeled (use a Microplane)
- 8 inch to 2 chillies slit fresh green hot cut lengthwise into thin shreds, plus seeds
- 1 medium onion finely chopped

- 1 cup plum tomatoes finely chopped (1 large)
- 1 teaspoon pepper hot
- 2 teaspoons sherry vinegar
- 1.5 lb shrimp peeled
- 0.3 cup tamarind paste (see cooks' note, below)
- 0.5 teaspoon turmeric
- 0.3 cup coconut flakes dried unsweetened grated
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- sieve

Directions

- Toast coriander, cumin, cinnamon, and cloves in a small heavy skillet over medium heat, shaking skillet, until fragrant and darker (do not burn), 3 to 4 minutes. Stir in coconut, red-pepper flakes, and turmeric and cook, stirring, until coconut is golden brown, 1 to 2 minutes.
- Transfer to a bowl and cool completely, then pulse in grinder until finely ground.
- Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté onion until golden, 3 to 5 minutes.
- Add garlic, ginger, chiles, tamarind, and spice mixture and cook, stirring, 30 seconds.
- Add tomato and cook, stirring, until sauce is thickened, 3 to 4 minutes.
- Toss shrimp with sea salt, then add to sauce and cook, stirring, until just cooked through, 3 to 5 minutes. Stir in vinegar and season with sea salt.
- If you can't find tamarind concentrate at your Asian market, use 3 tablespoons tamarind pulp (from a pliable block) softened in 6 tablespoons hot water, stirred into a paste, then forced through a sieve.

Nutrition Facts



■ PROTEIN 43.42% ■ FAT 40.62% ■ CARBS 15.96%

Properties

Glycemic Index:47.5, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:12.579130302305%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 321.32kcal (16.07%), Fat: 14.95g (23.01%), Saturated Fat: 4.85g (30.32%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 9.94g (3.62%), Sugar: 6.3g (7%), Cholesterol: 273.86mg (91.29%), Sodium: 818.55mg (35.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.93%), Phosphorus: 415.46mg (41.55%), Copper: 0.79mg (39.26%), Vitamin K: 24.46µg (23.3%), Manganese: 0.44mg (21.94%), Magnesium: 85.84mg (21.46%), Potassium: 750.66mg (21.45%), Zinc: 2.65mg (17.65%), Vitamin C: 12.09mg (14.66%), Calcium: 143.38mg (14.34%), Fiber: 3.27g (13.08%), Vitamin A: 647.86IU (12.96%), Iron: 2.01mg (11.19%), Vitamin E: 1.41mg (9.39%), Vitamin B6: 0.15mg (7.42%), Vitamin B1: 0.08mg (5.28%), Folate: 16.16µg (4.04%), Vitamin B3: 0.69mg (3.43%), Vitamin B2: 0.05mg (2.71%), Selenium: 1.82µg (2.59%), Vitamin B5: 0.16mg (1.62%)