



Green Curry Shrimp with Noodles

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons asian fish sauce to taste
- ☐ 2 outer leaves discarded and lower 6 inches of stalks fresh thinly sliced
- ☐ 4 servings accompaniment: cilantro sprigs fresh
- ☐ 1 tablespoon cilantro stems fresh finely chopped
- ☐ 1 tablespoons bottled asian curry paste green
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 large garlic cloves chopped
- ☐ 14 fl. oz. chicken broth reduced-sodium

- ☐ 0.8 lb flat dried
- ☐ 0.8 teaspoon salt
- ☐ 1 cup shallots chopped (4)
- ☐ 5.5 lb shrimp deveined peeled per lb)
- ☐ 5.5 teaspoons sugar
- ☐ 0.5 teaspoon turmeric
- ☐ 13 oz coconut milk unsweetened low-fat canned (not)
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water

Equipment

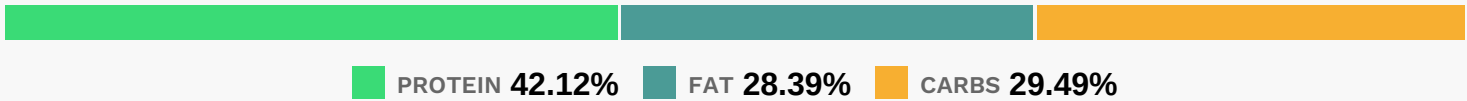
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Purée shallots, lemongrass, garlic, ginger, and cilantro stems in a blender with curry paste, sugar, salt, turmeric, and water until as smooth as possible, about 1 minute.
- ☐ Heat oil in a 4-quart wide heavy pot over moderate heat until hot but not smoking, then cook curry paste mixture, stirring frequently, until it just begins to stick to bottom of pot, 8 to 10 minutes.
- ☐ Add coconut milk and broth and simmer, uncovered, stirring occasionally, until reduced to about 3 2/3 cups, 8 to 10 minutes.
- ☐ While sauce simmers, cook noodles in a 6-quart pot of boiling salted water, uncovered, stirring occasionally, until tender, 4 to 6 minutes.
- ☐ Drain in a colander and rinse under cold water.
- ☐ Drain noodles well and divide among 4 large bowls.
- ☐ Add shrimp to sauce and simmer, stirring, until just cooked through, 2 to 3 minutes.

Remove from heat and stir in fish sauce and salt and pepper to taste. Ladle shrimp and sauce over noodles.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:46.71, Inflammation Score:-9, Nutrition Score:31.70782601315%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1262.48kcal (63.12%), Fat: 40.23g (61.9%), Saturated Fat: 22.6g (141.28%), Carbohydrates: 94.01g (31.34%), Net Carbohydrates: 88.46g (32.17%), Sugar: 13.79g (15.32%), Cholesterol: 1004.14mg (334.71%), Sodium: 1622.02mg (70.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 134.31g (268.62%), Phosphorus: 1627.42mg (162.74%), Copper: 2.87mg (143.5%), Manganese: 1.71mg (85.4%), Magnesium: 283.17mg (70.79%), Zinc: 9.99mg (66.6%), Potassium: 2230.67mg (63.73%), Calcium: 466.55mg (46.65%), Iron: 6.57mg (36.51%), Selenium: 19.81µg (28.3%), Vitamin K: 26.3µg (25.05%), Fiber: 5.56g (22.23%), Vitamin B6: 0.3mg (14.83%), Vitamin B3: 2.53mg (12.67%), Vitamin A: 610.07IU (12.2%), Vitamin C: 8.34mg (10.11%), Folate: 39.48µg (9.87%), Vitamin E: 1.29mg (8.63%), Vitamin B1: 0.09mg (6.01%), Vitamin B5: 0.4mg (4.01%), Vitamin B2: 0.06mg (3.73%), Vitamin B12: 0.12µg (1.96%)