

DINNER

Light Shrimp Curry

21 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$5.21	380 kcal

You can never have too many main course recipes, so give Light Shrimp Curry a try. For \$5.21 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This recipe serves 6. One portion of this dish contains about 58g of protein, 4g of fat, and a total of 606 calories.

Ingredients

- ☐ 3 cups cooked long-grain rice
- ☐ 2 tablespoons minced peeled fresh ginger
- ☐ 1/3 cup chopped green onions (about 1 1/2 onions)
- ☐ 1/4 cup minced jalapeño pepper (about 1 pepper)
- ☐ 29 ounce no-salt-added stewed tomatoes, undrained
canned
- ☐ 1/4 teaspoon salt
- ☐ 8 ounce carton plain fat-free yogurt
- ☐ 2 tablespoons curry powder
- ☐ 1 teaspoon minced garlic
- ☐ 1/4 teaspoon ground white pepper
- ☐ 1 tablespoon margarine or butter
- ☐ 1 cup chopped onion
- ☐ 3 pounds unpeeled medium shrimp

EQUIPMENT Frying pan

Method

- 1

Peel and devein shrimp; set aside.
- 2

Coat a large nonstick skillet with cooking spray; add margarine.

- 3 Place over medium-high heat until margarine melts.
- 4 Add chopped onion, and saut until tender. Stir in jalapeo pepper, ginger, and garlic; saut 2 minutes.
- 5 Add curry powder; saut 2 minutes.
- 6 Add tomatoes; cook over medium heat 5 minutes or until slightly thickened, stirring often. Stir in yogurt, salt, and white pepper.
- 7 Add shrimp; bring to a boil. Reduce heat, and simmer 5 minutes or until shrimp are done.
- 8 Spoon mixture over rice; sprinkle with onions.
- 9 Serve immediately.
- 10 Tip: To save time, you can buy shrimp that has already been peeled and deveined. You'll need 2 1/4 pounds peeled shrimp to equal 3 pounds unpeeled.

Nutrition per serving

380	52 g	4 g	36 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			3.1 g · 13% of daily needs
Sugar			7.7 g · 9% of daily needs
Sodium			436 mg · 19% of daily needs
Cholesterol			366 mg · 122% of daily needs
Vitamin C			21.1 mg · 26% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/light-shrimp-curry-144173