



Ruta Kahate's Coriander Shrimp with Zucchini



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves (preferably Indian bay leaf)
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.5 teaspoon ginger freshly grated
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon turmeric divided
- ☐ 2 servings kosher salt
- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided

- ☐ 4 small chillies dried red
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 pounds zucchini chopped

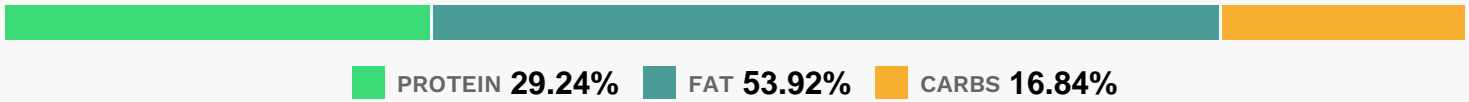
Equipment

- ☐ bowl
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ In a bowl, toss the shrimp with half of the turmeric and a pinch of salt. Set aside.
- ☐ Pour two tablespoons of the oil into a large wok set over high heat. When oil just starts to smoke, add the shrimp. Stir-fry until they turn pink, about 2 minutes, remove from heat, and immediately remove them with a slotted spoon.
- ☐ Place them on a plate and set aside.
- ☐ Pour the remaining tablespoon of oil into the wok and turn the heat to medium.
- ☐ Add the remaining turmeric, along with the bay leaf, chiles, cumin, coriander, and the ginger. Stir well, and cook until very fragrant, about one minute.
- ☐ Add the zucchini, and toss until the cubes are evenly coated in the spice mixture. Cover the wok, and cook until the pieces have softened, stirring occasionally, five to eight minutes.
- ☐ Add the shrimp and the cilantro, stir well, and then turn off the heat. Divide the mixture between four plates and serve immediately with rice.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:25.474347990492%

Flavonoids

Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 373.3kcal (18.66%), Fat: 23.6g (36.3%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 11g (4%), Sugar: 11.82g (13.13%), Cholesterol: 182.57mg (60.86%), Sodium: 368.6mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.58%), Vitamin C: 82.21mg (99.65%), Manganese: 0.99mg (49.33%), Potassium: 1562.21mg (44.63%), Phosphorus: 428.81mg (42.88%), Vitamin B6: 0.77mg (38.6%), Copper: 0.71mg (35.65%), Magnesium: 131.49mg (32.87%), Folate: 110.26µg (27.56%), Vitamin B2: 0.45mg (26.35%), Vitamin E: 3.95mg (26.32%), Vitamin A: 1214.85IU (24.3%), Fiber: 5.59g (22.37%), Vitamin K: 22.16µg (21.11%), Zinc: 3.13mg (20.85%), Iron: 3.61mg (20.05%), Calcium: 164.71mg (16.47%), Vitamin B1: 0.22mg (14.37%), Vitamin B3: 2.26mg (11.3%), Vitamin B5: 0.94mg (9.38%), Selenium: 1.31µg (1.87%)