



Shrimp and Vegetable Yellow Curry

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce baby corns drained and rinsed cut into pieces canned
- ☐ 1 medium carrots sliced into 1/4-inch-thick rounds
- ☐ 1 cup bottled clam juice low-sodium
- ☐ 6.5 cups cans coconut milk canned
- ☐ 1.5 tablespoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 lime zest or the 1 lime
- ☐ 1 small onion chopped

- ☐ 0.3 cup lightly peanuts salted chopped
- ☐ 1 small bell pepper red chopped
- ☐ 8 ounces rice noodles fresh thin
- ☐ 4 cups safflower oil
- ☐ 1 serrano chile stemmed thinly sliced such as prik kee noo
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 ounces snap peas halved
- ☐ 5 sprigs thai basil with stems or regular basil
- ☐ 0.3 cup curry paste yellow such as Mae Ploy

Equipment

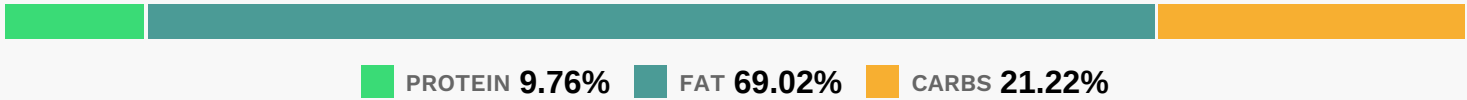
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ In a large saucepan, bring the coconut milk and curry paste to a boil over medium-high heat, whisking constantly until smooth, about 2 minutes.
- ☐ Add the chicken broth, carrot, red bell pepper, onion, baby corn, basil, chile, lime leaves and fish sauce. Bring the mixture to a simmer over medium-low heat. Cover the pan and cook until the vegetables are tender, about 20 minutes.
- ☐ Pour the oil into a large wide saucepan. Attach a deep-fry thermometer to the side of the saucepan and heat the oil to 350 degrees F.
- ☐ Add half of the noodles and fry until crisp, about 20 seconds.
- ☐ Drain on paper towels and set aside.

- ☐
- Remove the lid from the curry and add the shrimp, snap peas and the remaining noodles. Simmer, uncovered, until the shrimp is cooked through, 5 to 7 minutes.
- ☐
- Remove the lime leaves and basil sprigs and discard.
- ☐
- Ladle the curry into bowls.
- ☐
- Garnish with the fried noodles, cilantro and peanuts.
- ☐
- Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:104.58, Glycemic Load:48.92, Inflammation Score:-10, Nutrition Score:43.232173816017%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 1626.89kcal (81.34%), Fat: 130.53g (200.82%), Saturated Fat: 74.45g (465.33%), Carbohydrates: 90.29g (30.1%), Net Carbohydrates: 83.49g (30.36%), Sugar: 9.65g (10.72%), Cholesterol: 182.57mg (60.86%), Sodium: 888.1mg (38.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.53g (83.07%), Manganese: 3.72mg (185.92%), Vitamin A: 6258.14IU (125.16%), Vitamin E: 15.53mg (103.5%), Phosphorus: 850.05mg (85.01%), Iron: 15.21mg (84.52%), Copper: 1.51mg (75.27%), Magnesium: 285.6mg (71.4%), Vitamin C: 55.07mg (66.76%), Potassium: 1684.32mg (48.12%), Vitamin B3: 7.16mg (35.79%), Zinc: 5.13mg (34.19%), Folate: 121.81µg (30.45%), Fiber: 6.79g (27.17%), Vitamin K: 27.25µg (25.95%), Vitamin B6: 0.47mg (23.46%), Calcium: 214.97mg (21.5%), Vitamin B1: 0.3mg (20%), Vitamin B5: 1.92mg (19.16%), Selenium: 10.41µg (14.88%), Vitamin B2: 0.16mg (9.19%), Vitamin B12: 0.09µg (1.52%)