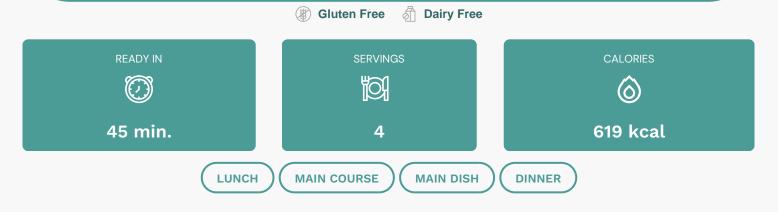


Shrimp Curry with Yu Choy and Kabocha Squash



Ingredients

I pound yu choy trimmed cut into 1 1/2-inch-wide strips
6 large cilantro sprigs fresh
2.5 tablespoons fish sauce
1 tablespoon brown sugar
4 cups cubes kabocha squash peeled seeded (from one)
3 double-leaf kaffir lime leaves chopped
15 tablespoons lemongrass, minced

	1 large shallots finely chopped
	0.8 pound shrimp deveined uncooked peeled
	0.7 cup thai basil leaves divided packed ()
	2 teaspoons thai curry paste green
	26 ounce coconut milk unsweetened divided canned
	1 tablespoon vegetable oil
Ec	uipment
	frying pan
	sauce pan
	sieve
	blender
	colander
Directions	
	Bring large saucepan of water to boil.
	Add yu choy. Cook until crisp-tender, about 1 minute. Using strainer, transfer yu choy to colander. Rinse with cold water and set aside. Return water to boil.
	Add squash. Boil until almost tender, about 4 minutes.
	Drain, rinse with cold water, and set aside.
	Blend 1/2 cup coconut milk, 1/3 cup basil, cilantro, and lime leaves in mini processor or blender until herbs are finely chopped and loose paste forms.
	Heat oil in large nonstick skillet over medium-high heat.
	Add shallot and curry paste; stir 30 seconds.
	Add herb paste and lemongrass; stir 1 minute.
	Add remaining milk, fish sauce, sugar, and squash. Boil until squash is tender, about 4 minutes.
	Add shrimp and yu choy. Simmer until shrimp are opaque in center, about 2 minutes.
	Mix in 1/3 cup basil leaves. Season with salt and pepper.

Nutrition Facts

Properties

Glycemic Index:33, Glycemic Load:0.29, Inflammation Score:-9, Nutrition Score:28.103478094806%

Flavonoids

Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 618.7kcal (30.93%), Fat: 48.08g (73.98%), Saturated Fat: 39.6g (247.5%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 23.27g (8.46%), Sugar: 12.73g (14.15%), Cholesterol: 136.93mg (45.64%), Sodium: 1046.55mg (45.5%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 26.08g (52.16%), Vitamin C: 165.79mg (200.96%), Manganese: 2.11mg (105.41%), Vitamin A: 2405.96IU (48.12%), Copper: 0.94mg (47.24%), Calcium: 406.67mg (40.67%), Phosphorus: 403.19mg (40.32%), Iron: 6.64mg (36.87%), Magnesium: 139.92mg (34.98%), Potassium: 1213.41mg (34.67%), Vitamin K: 33.66µg (32.06%), Fiber: 6.23g (24.94%), Selenium: 13.08µg (18.68%), Zinc: 2.76mg (18.37%), Folate: 71.2µg (17.8%), Vitamin B6: 0.32mg (16.06%), Vitamin B3: 2.35mg (11.73%), Vitamin B5: 0.62mg (6.17%), Vitamin B1: 0.09mg (6.16%), Vitamin E: 0.8mg (5.35%), Vitamin B2: 0.09mg (5.29%)