



## Shrimp Curry with Yu Choy and Kabocha Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 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
- ☐ 1.5 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

## Equipment

- ☐ 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



 **PROTEIN 15.92%**  **FAT 66.06%**  **CARBS 18.02%**

## 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 %: 0% (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%)