



Spicy Wok Shrimp with Coconut Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb broccolini
- ☐ 1.5 cups coconut milk unsweetened low-fat (not ; from a)
- ☐ 2 teaspoons cornstarch
- ☐ 6 servings lime wedges
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 2 lb shrimp raw deveined peeled per lb)
- ☐ 1.5 teaspoons salt
- ☐ 2.5 tablespoons sriracha

- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups water
- ☐ 1.5 cups rice long-grain white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ wok

Directions

- ☐ Rinse rice in a sieve under cold water, then shake well to drain and transfer to a 1 1/2-to 2-quart heavy saucepan.
- ☐ Add water (1 1/2 cups), sugar, 1 cup coconut milk, and 3/4 teaspoon salt. Bring to a boil, partially covered, then reduce heat to low and cover completely. Cook 20 minutes, then remove from heat and let stand, covered, 5 minutes.
- ☐ While rice cooks, trim Broccolini, discarding 1/4 inch from bottom, then cut diagonally into 1-inch lengths. Toss shrimp with Sriracha sauce and remaining 3/4 teaspoon salt in a bowl.
- ☐ Stir together cornstarch, 1/4 cup chicken broth, and remaining 1/2 cup coconut milk in another bowl until cornstarch is completely dissolved.
- ☐ Heat a 12- to 14-inch well-seasoned flat-bottomed wok or a 12-inch heavy skillet over high heat until it just begins to smoke, then add oil, swirling to coat.
- ☐ Add Broccolini and stir-fry until bright green, then add remaining 1/4 cup chicken broth and stir-fry until liquid is evaporated, about 3 minutes.
- ☐ Add shrimp mixture and cook, stirring frequently, 2 minutes. Stir cornstarch mixture, then pour it down side of wok and boil, stirring, until sauce is slightly thickened and shrimp are just cooked through, about 3 minutes more. Fluff rice with a fork and serve with shrimp immediately.

Nutrition Facts



 **PROTEIN 23.87%**  **FAT 35.1%**  **CARBS 41.03%**

Properties

Glycemic Index:27.21, Glycemic Load:22.75, Inflammation Score:-8, Nutrition Score:23.39739112232%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 474.48kcal (23.72%), Fat: 18.52g (28.49%), Saturated Fat: 13.3g (83.13%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 45.86g (16.68%), Sugar: 4.61g (5.12%), Cholesterol: 190.51mg (63.5%), Sodium: 1622.8mg (70.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Vitamin C: 75.39mg (91.38%), Selenium: 55.49µg (79.27%), Manganese: 1.1mg (55.06%), Phosphorus: 488.87mg (48.89%), Vitamin A: 1615.53IU (32.31%), Vitamin B12: 1.7µg (28.3%), Copper: 0.56mg (27.95%), Vitamin B3: 4.17mg (20.85%), Vitamin B6: 0.35mg (17.5%), Magnesium: 68.18mg (17.04%), Calcium: 161.27mg (16.13%), Zinc: 2.41mg (16.05%), Vitamin E: 2.33mg (15.54%), Iron: 2.4mg (13.31%), Potassium: 407.73mg (11.65%), Fiber: 2.86g (11.45%), Folate: 42.43µg (10.61%), Vitamin B5: 1.06mg (10.56%), Vitamin B1: 0.08mg (5.36%), Vitamin K: 4.86µg (4.63%), Vitamin B2: 0.06mg (3.29%), Vitamin D: 0.15µg (1.01%)