



Thai Green Curry with Seafood



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bay scallops
- ☐ 4 cups bok choy thinly sliced
- ☐ 1 cup carrots peeled thinly sliced
- ☐ 2 cups rice steamed ()
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 2 tablespoons basil fresh minced
- ☐ 3 tablespoons cilantro leaves fresh divided minced
- ☐ 3 garlic cloves minced

- ☐ 5 green onions dark separated finely chopped
- ☐ 2 kaffir lime leaves
- ☐ 1 pound mussels green black scrubbed
- ☐ 2 tablespoons unrefined peanut oil
- ☐ 8 ounces shrimp deveined uncooked peeled
- ☐ 2 small thai chiles fresh red
- ☐ 6 tablespoons thai curry paste green
- ☐ 13 ounce coconut milk unsweetened canned
- ☐ 1.3 cups water

Equipment

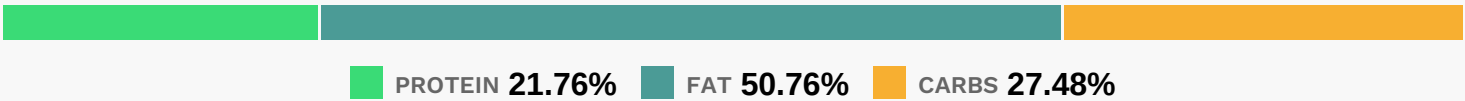
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat oil in large saucepan over medium heat.
- ☐ Add white and pale green parts of green onions, 1 tablespoon cilantro, and garlic; sauté until tender, about 2 minutes.
- ☐ Add curry paste; cook until fragrant, about 1 minute.
- ☐ Add 1 1/4 cups water, coconut milk, chiles, lime leaves, and fish sauce. Bring to simmer.
- ☐ Add carrot; cover and cook until carrot is just tender, about 5 minutes.
- ☐ Layer bok choy, shrimp, scallops, and mussels in pan. Cover and simmer until mussels open and seafood and bok choy are cooked (discard mussels that do not open), about 5 minutes. Stir in dark green parts of green onions, 2 tablespoons cilantro, and basil.
- ☐ Divide rice among 4 shallow bowls. Ladle curry over rice and serve.
- ☐ Unrefined peanut oil can be found at natural foods stores and
- ☐ Asian markets. Thai green curry paste, coconut milk, and fish sauce are sold at many supermarkets and at Asian markets. Look for fresh or frozen kaffir lime leaves at Asian markets.

If unavailable, use 1tablespoon fresh lime juice and 1/2 teaspoongrated lime peel for each lime leaf.

Nutrition Facts



Properties

Glycemic Index:92.46, Glycemic Load:26.44, Inflammation Score:-10, Nutrition Score:37.672608417013%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 572.44kcal (28.62%), Fat: 32.92g (50.65%), Saturated Fat: 21.79g (136.22%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 34.86g (12.67%), Sugar: 7.68g (8.53%), Cholesterol: 121.09mg (40.36%), Sodium: 897.74mg (39.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.51%), Vitamin A: 12352.47IU (247.05%), Manganese: 3.46mg (172.85%), Vitamin B12: 7.76µg (129.35%), Vitamin K: 72.66µg (69.2%), Selenium: 46.02µg (65.74%), Vitamin C: 49.93mg (60.52%), Phosphorus: 598.55mg (59.85%), Iron: 6.05mg (33.64%), Copper: 0.66mg (32.91%), Magnesium: 125.96mg (31.49%), Potassium: 1072.75mg (30.65%), Folate: 115.93µg (28.98%), Zinc: 3.53mg (23.54%), Calcium: 214.19mg (21.42%), Fiber: 5.26g (21.02%), Vitamin B6: 0.42mg (20.76%), Vitamin B3: 3.23mg (16.15%), Vitamin B2: 0.23mg (13.38%), Vitamin B1: 0.2mg (13.37%), Vitamin E: 1.97mg (13.14%), Vitamin B5: 1.07mg (10.71%)