



Thai Shrimp Halibut Curry



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 16 ounces pacific halibut filets cut into 1 1/2-inch chunks
- ☐ 3 large lime
- ☐ 1 large bell pepper red cut into 1/2-to 3/4-inch dice
- ☐ 1 cup shallots chopped

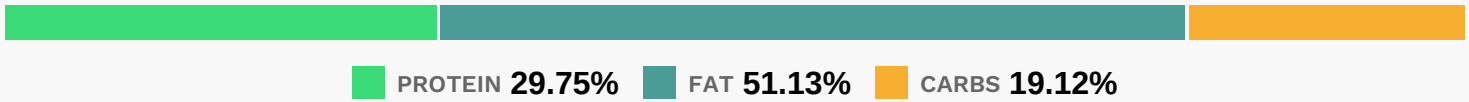
- ☐ 8 ounces shrimp deveined uncooked peeled
- ☐ 2.5 teaspoons curry paste red (such as Thai Kitchen brand)
- ☐ 13.5 ounce coconut milk unsweetened canned
- ☐ 1 tablespoon vegetable oil

Equipment

Directions

- ☐ Finely grate enough peel from 2 limes to measure 1 1/2 teaspoons. Squeeze enough juice from 2 limes to measure 2 tablespoons.
- ☐ Cut third lime into wedges.
- ☐ Heat vegetable oil in large saucepan over medium-high heat.
- ☐ Add chopped shallots, diced red bell pepper, and minced ginger; sauté until shallots are tender and peppers soften, about 5 minutes. Stir in curry paste, coconut milk, fish sauce, 1 1/2 teaspoons lime peel, and 2 tablespoons lime juice. Simmer gently, stirring often, about 5 minutes.
- ☐ Sprinkle fish and shrimp with salt and pepper.
- ☐ Add fish and shrimp to curry sauce. Return to very gentle simmer and cook just until fish and shrimp are opaque in center, 5 to 6 minutes. Season to taste with salt and pepper. Gently stir in cilantro and basil; serve with lime wedges.
- ☐ calories, 9 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:4.25, Inflammation Score:-9, Nutrition Score:31.658260428387%

Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 477.86kcal (23.89%), Fat: 28.52g (43.88%), Saturated Fat: 21.24g (132.77%), Carbohydrates: 24g (8%), Net Carbohydrates: 17.49g (6.36%), Sugar: 10.87g (12.08%), Cholesterol: 146.85mg (48.95%), Sodium: 523.02mg (22.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.33g (74.66%), Vitamin C: 75.65mg (91.7%), Selenium: 59.04µg (84.34%), Manganese: 1.18mg (58.77%), Phosphorus: 542.8mg (54.28%), Vitamin B6: 1.03mg (51.25%), Vitamin B3: 8.89mg (44.43%), Vitamin A: 2075.38IU (41.51%), Potassium: 1266.62mg (36.19%), Vitamin D: 5.33µg (35.53%), Copper: 0.61mg (30.64%), Magnesium: 112.31mg (28.08%), Fiber: 6.5g (26.01%), Vitamin B12: 1.27µg (21.15%), Vitamin K: 21.57µg (20.54%), Iron: 3.45mg (19.18%), Folate: 76.68µg (19.17%), Zinc: 2.24mg (14.96%), Vitamin E: 1.95mg (13.01%), Calcium: 112.03mg (11.2%), Vitamin B1: 0.16mg (10.47%), Vitamin B5: 1mg (9.97%), Vitamin B2: 0.1mg (5.76%)