

Curried Shrimp & Carrot Nest

This is a show-stopper in terms of color, presentation, and flavor. It's quick and easy and uses 5 basic ingredients and a few common extras.
Provided by Fruits & Veggies - More Matters

Ingredients:

2 cups coarsely shredded or julienne carrots	1 cup low-sodium chicken broth
1 extra large onion, chopped to yield 2 cups; reserve 2 TBS	1 TBS nonfat yogurt
1 and 1/2 TBS sugar	1 TBS lime juice
1 TBS water	1 TBS parsley
2 TBS olive oil or cooking oil	salt and pepper (optional)
2 large cloves garlic, peeled and chopped	2 cups cooked rice tossed with 1/2 cup cooked peas
1 lb. peeled medium shrimp (may be frozen)	and 2 TBS chopped peanuts (optional)
2-3 tsp mild curry powder (use hot curry powder for more spice)	
2 TBS flour	



Instructions

Place shredded carrots, 2 TBS chopped onion (only), and sugar in a medium-sized skillet with 1 TBS water; heat on High to boiling, covered. Cook for 1 to 2 minutes, until carrots are barely done. Remove immediately and cool. Reserve. Prepare optional rice suggestion and reserve, if desired. Heat oil in large deep skillet on Medium-High heat. Add garlic and peeled shrimp and saute until shrimp are opaque and tender. Remove shrimp from skillet and set aside. To remaining oil in pan, add curry powder and remaining chopped onion. Saute over Medium heat until onions are transparent, coated with curry flavor and somewhat caramelized. Add flour and stir until flour disappears. Add chicken broth and stir continuously until onion curry sauce has thickened. Stir in yogurt, lime juice, and cooked shrimp. Season with salt and pepper, if desired. To serve: Warm carrots briefly in pan. Place optional rice mixture in large circle on serving plate. Arrange warm carrots inside the ring, leaving a space directly in the center for the curried shrimp. Garnish with chopped parsley. Serve immediately.

Nutritional Information

Each serving provides: an excellent source of vitamin A, and a good source of vitamin C, calcium, magnesium, and fiber
Serves: 4

Nutritional Information

Calories: 277

Total Fat: 10.1g

Saturated Fat: 1.5g

% Calories from Fat: 32%

Protein: 26g

Carbohydrates: 22g

Cholesterol: 174mg

Dietary Fiber: 4g

Sodium: 574mg

*Nutrition analysis does not include optional ingredients

Source: Fruits and Veggies More Matters