

Mark's Kitchen

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Coconut Curry Shrimp

[Dr. David Ludwig](#) was one of the greatest sources of inspiration for my book, *Eat Fat, Get Thin*. He is a physician and scientist who is doing research and publishing his results in the world's leading medical journals. His book, *Always Hungry*, offers a radical new way to think about weight loss and it's also filled with deliciously satisfying recipes that you will love – like this coconut curry shrimp. Enjoy!

Ready in: 45 minutes

Serves: 4 servings

Ingredients for the Coconut Curry Sauce:

- $\frac{3}{4}$ cup raw cashews
- $\frac{3}{4}$ cup hot filtered water
- $1\frac{1}{4}$ cups canned full-fat coconut milk (about three-quarters of a 14-ounce can, well combined before measuring)
- 1 ($\frac{1}{2}$ - to 1-inch) piece fresh ginger, peeled and cut into $\frac{1}{4}$ -inch rounds
- 1 small clove garlic
- $1\frac{1}{2}$ to 2 tablespoons curry powder, or more, to taste
- Red pepper flakes (optional)
- 1 teaspoon salt

For the Coconut Curry Shrimp:

- 1 teaspoon avocado oil
- $1\frac{1}{2}$ pounds medium shrimp, peeled and deveined
- $\frac{1}{4}$ teaspoon salt
- 2 medium carrots, cut into matchsticks or coarsely shredded (about 1 cup)
- $\frac{1}{2}$ red bell pepper, cored, seeded and diced
- 2 cups shredded cabbage

- $\frac{3}{4}$ to 1 pound snow peas or snap peas (30 to 40 pods)
- 2 $\frac{1}{2}$ cups prepared Coconut Curry Sauce
- $\frac{1}{2}$ cup chopped fresh cilantro
- Curry powder, to taste
- 3 cups (packed) spinach, chopped

Step 1: Make the coconut curry sauce. Place all the ingredients in a high-speed blender and blend until smooth. You can also use an immersion blender and a large Mason jar or deep bowl. When using an immersion blender, work the blender into the thicker pieces of vegetables and nuts until they are smooth and creamy.

Step 2: Heat the oil in a large skillet or pot over medium heat. Add the shrimp and sprinkle with the salt. Sauté until the shrimp are pink on all sides, 3 to 5 minutes.

Step 3: Stir in the carrots, bell pepper, cabbage, snow peas, and Coconut Curry Sauce. Bring to a boil, and then reduce the heat to medium-low, cover, and simmer, stirring frequently, until the vegetables are tender but still bright, and the sauce is thickened, 5 to 7 minutes. Stir in the cilantro. Adjust the seasoning with more curry powder or salt, as needed.

Step 4: Spread the spinach on a serving tray or divide it among individual bowls. Place the hot vegetable curry mixture on top of the spinach. The spinach should begin to wilt under the heat of the sauce. Serve immediately, while the vegetables are still bright.

Nutritional Analysis per serving: Calories: 421, Protein: 30 g, Carbohydrate: 21 g, Dietary Fiber: 4 g, Total Fat: 25 g