



# Mango Shrimp Curry

Recipe Courtesy Chef Bryan Woolley

- 2 tablespoons olive oil
- 1 shallot, minced
- 2 tablespoons fresh ginger, peeled and finely chopped
- 2 cloves garlic, minced
- 2 ripe plum tomatoes, peeled, seeded and diced
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon ground coriander
- 1 cup low sodium chicken broth
- 1/2 cup light coconut milk
- 1 stalk lemon grass (use tender bottom 4 inches only) quartered lengthwise
- 1 1/4 pounds large shrimp (prawns), peeled and deveined
- 1 teaspoon ground turmeric
- 2 tablespoons dry white wine
- 1 cup shelled edamame
- 1/2 cup diced mango
- 1/2 teaspoon salt (May omit)
- 1-2 tablespoons fresh basil, chiffonade

1. In a saucepan, heat 1 tablespoon of the olive oil over medium heat. Add the shallots, ginger and garlic and sauté until fragrant, about 3 minutes. Add the tomato, curry powder and coriander and simmer for about 1 minute.
2. Add the broth, coconut milk and lemon grass. Raise the heat to high and bring to a boil, then reduce the heat to medium-low and simmer for 3 minutes to allow the flavors to blend. Remove from heat.
3. In a nonstick sauté pan, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the shrimp, sprinkle with the turmeric and cook for about 3 minutes. Turn the shrimp and cook until pink and opaque throughout, about 2 minutes. Transfer to a bowl and keep warm.
4. Add the wine and deglaze sauté pan, stirring with a wooden spoon to scrape up any browned bits. Add the curry sauce to the pan, raise the heat to high and bring to boil. Reduce the heat to medium. Add the edamame and cook until it is tender-crisp, about 3 minutes. Return the shrimp to the pan and cook for 1 minute. Remove from the heat. Add the mango and salt and stir to combine. Remove and discard the lemon grass.
5. Divide the curry among warmed individual plates and garnish with the basil.
6. Serves 4.

## **Nutrition Facts**

Serving Size:	¼ recipe
Calories	330
Total Fat	13g
Saturated Fat	3g
Cholesterol	215mg
Sodium	660mg
Carbohydrates	17g
Dietary Fiber	3g
Protein	35g

## **Diabetic Exchanges**

Protein	5
Fat	2.5
Carbohydrates	1

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