

# Curry Shrimp

## Ingredients

- 2- tablespoons coconut oil or non-stick spray with high smoke point
- 1 tsp curry powder (burning curry\*) plus additional 2-3 tbsp for seasoning shrimp
- 1- 1½ lb. large shrimp peeled and deveined
- 3 large garlic cloves minced
- 2 large Irish potatoes boiled and cubed
- 2 large carrots (thin julienne)
- 1 large red onion sliced (thin julienne)
- 3 sprigs of fresh thyme
- 2 pimento seeds\*
- 2- 3 stalks of scallions
- ½ yellow, green, and red bell pepper (thin julienne)
- ¼ tsp minced ginger
- 1 scotch bonnet pepper optional
- All-purpose seasoning to taste
- Sea Salt and Black pepper to taste

Serve with white rice, cabbage, and fried plantain\*

Season shrimp with 2-3 tbsp of curry, all-purpose seasoning, sea salt and pepper let soak for 1 hour before cooking.

In wok or Dutch pot heat pan until hot ( hot pans = food not sticking) add oil to pan wait until oil is hot ( not too hot 10 sec) then add 1 tsp of curry powder to “burn the curry”, this gives it rich “flava” and a nice color. Proceed to add garlic, ginger, potatoes, carrots, peppers, and fresh thyme sauté for 1-2 minutes before adding onions, scallions, and pimento. Cook for 5 minutes before adding shrimp (\*Tip you may add a little coconut milk if you feel you want more flava and need some liquid in the pan but don’t add too much and the shrimp will release water). Add shrimp and cook until it is done (nice pink hue and internal temp should register 145\* degrees).

Servings: 4 people

Calories: 350 kcal per serving

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