

PUMPKIN CURRY SHRIMP

Chef Kevin Lin of Sun Cuisines

RECIPE MAKES: 1 SERVING

INGREDIENTS

- ½ Tbsp ginger
- 1 clove of garlic
- ¼ cup shallot, chopped
- ½ Tbsp paprika
- 1 tsp turmeric
- 1 cup butternut squash
- ½ Tbsp vinegar
- 4 jumbo shrimp
- 1 Tbsp vegetable oil
- 2 asparagus spears
- 1 Tbsp fresh cilantro

NUTRITION INFO

Nutrition Facts			
Serving Size: 1.5 Cups (352.0g)			
Servings: 1			
Amount Per Serving			
Calories	360	Calories from Fat	140
		% Daily Value*	
Total Fat	16g		25%
Saturated Fat	2.5g		11%
Trans Fat	0g		
Cholesterol	145mg		48%
Sodium	660mg		27%
Total Carbohydrate	37g		12%
Dietary Fiber	5g		20%
Sugars	4g		
Protein	21g		
Vitamin A	350%	Vitamin C	70%
Calcium	20%	Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PREPARATION

1. Steam butternut squash for 15-20 minutes or until fully cooked.
2. In a blender add ginger, garlic, onion, paprika, and turmeric. Blend until it becomes a paste.
3. Heat 1 Tablespoon of vegetable oil in large saucepan over medium heat.
4. Add squash and paste to saucepan. Sauté for 5-6 minutes, add water as needed.
5. Add shrimp and let cook for 5-6 minutes or until internal temperature is 145°F.
6. Top with Vinegar, asparagus, and fresh cilantro.
7. Enjoy!

Healthy Options

