CARIBBEAN · LUNCH · DINNER

Trinidad-Style Curry Shrimp

35 min · Serves 3 · 251 kcal a serve · Video 6:30 · caribbeanpot

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

About 30 g of protein for around 250 kcal a serve, and rich in selenium and vitamin B12 from the shrimp. The flavour comes from fresh herbs, garlic, chilli and toasted curry powder, with no cream or coconut.

Diet notes: Low carb (2.8 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.1 g, 4% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients 12 · SERVES 3

- [ ] 1 lb small or medium **shrimp**, peeled and deveined
- [ ] ¾ tsp **salt**
- [ ] 1 tbsp **Caribbean green herb blend** (green seasoning)
- [ ] 2 **hot chillies**, chopped with seeds
- [ ] 1 **scallion**, finely chopped
- [ ] ¼ tsp **black pepper**
- [ ] 1 small **tomato**, deseeded and diced (optional)
- [ ] 2–3 tbsp **vegetable oil**
- [ ] 3 cloves **garlic**, finely chopped
- [ ] ¼ tsp **cumin seeds** (geera)
- [ ] 2 tbsp **curry powder**
- [ ] 2 tbsp chopped **cilantro** (or shado beni)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the cleaned shrimp with the salt, green seasoning, hot peppers, scallion, black pepper and the diced tomato, if using. Leave to marinate 10–20 minutes. 1:24
2. Heat the oil in a wok or karahi over medium, then turn the heat down and add the garlic. When it starts to colour, add the cumin seeds and curry powder and toast on low for about 3 minutes, stirring. 3:20
3. Turn the heat up to medium-high, add the shrimp with all the marinade and stir-fry uncovered for 4–5 minutes, until the shrimp are cooked and coated. Add no water; this is a dry curry. 5:09
4. Turn off the heat and stir in the chopped cilantro or shado beni. 6:08

> **Tip** Serves 3 (our estimate). Serve with roti, rice or in a sandwich. Use fewer hot peppers for a milder curry; don't use pre-cooked shrimp, they go rubbery.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
251 kcal 1,050 kJ	**31** g 61% of a day	**6.3** g 2.8 g net · 1.4 g sugars 2% of a day

FIBRE	FAT	SODIUM
3.5 g 12% of a day	**13** g 1.1 g saturated 16% of a day	**720** mg 32% of a day

Energy from net carbs 4% · protein 50% · fat 46% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 111% · Omega-3 89% · Vitamin B12 86% · Vitamin K 42% · Vitamin E 36% · Zinc 21%

Source of (10–19%) Vitamin B6 19% · Vitamin C 18% · Magnesium 16% · Vitamin A 12% · Potassium 11% · Iron 11% · Folate 11% · Calcium 10%

Recipe and video: caribbeanpot (@caribbeanpot) on YouTube — youtube.com/watch?v=gObJ143oCPg, published 27 September 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/trini-curry-shrimp