

Tomatillo Shrimp Recipe

Ingredients:

- 1 cup diced onion
- 3 tbsp chopped ginger
- ¼ cup soy sauce
- ½ cup chopped celery
- ½ cup sliced carrot
- 1 cup quartered tomatillo
- ⅓ tbsp yellow curry powder
- ½ cup coconut milk
- 1 tbsp cumin
- 1 tbsp fresh ground pepper
- 1 tbsp salt
- 2 tbsp olive oil
- 2 tbsp. vegetable oil
- 1 lb. large shrimp, deveined
- 1 red chili pepper, chopped (very spicy - optional)
- 2 jalapeno peppers, chopped
- Corn starch (as needed)



Instructions:

1. Marinate the shrimp: In a bowl, combine soy sauce, yellow curry, olive oil, ground pepper, and salt. Add shrimp and marinate for at least 1 hour.
2. Cook the shrimp: In a hot pan with vegetable oil, cook the shrimp for 2-3 minutes on each side until pink and fully cooked. Set aside.
3. Sauté aromatics: In the same pan, sauté the diced onion and ginger until softened, about 3-4 minutes. Add any leftover marinade to the pan.
4. Cook vegetables: Add the chopped celery, sliced carrot, jalapeno, and red chili peppers (if using) to the pan. Sauté for an additional 5 minutes until the vegetables begin to soften.
5. Add tomatillos: Stir in the quartered tomatillos and cook until softened, about 5-7 minutes.
6. Season: Adjust the seasoning by adding more ground pepper, salt, or soy sauce as desired.
7. Return shrimp: Add the cooked shrimp back to the pan and toss to combine.

8. Add coconut milk: Pour in the coconut milk and stir to create a sauce. Let it simmer for 2-3 minutes.
9. Thicken: If you prefer a thicker sauce, mix some cornstarch with water and stir it into the pan, allowing it to thicken to your desired consistency.

Serving Suggestion:

Serve the Tomatillo Shrimp over a bed of steamed jasmine or basmati rice. Garnish with fresh cilantro or lime wedges for added flavor.

Nutritional Information (per serving):

- Calories: ~320 kcal
- Protein: 24g
- Carbohydrates: 18g
- Fat: 16g
- Fiber: 4g
- Sodium: 1100mg

Essential Vitamins and Their Benefits in Tomatillo Shrimp

- Vitamin C: Supports immune function, promotes skin health by aiding collagen production, and acts as an antioxidant.
- Vitamin A: Essential for maintaining healthy vision, skin, and immune system function.
- Vitamin K: Important for blood clotting and bone health.
- Vitamin E: Acts as a powerful antioxidant, helping protect cells from damage, and supports skin and immune health.
- Vitamin B6: Helps with brain development, mood regulation, and immune function.
- Vitamin B12: Vital for red blood cell formation, nerve function, and DNA production.
- Folate (Vitamin B9): Crucial for cell division and DNA synthesis, important for pregnant women to prevent neural tube defects.

These vitamins contribute to overall health, supporting immune function, skin health, and energy production.

This dish pairs well with a light salad or grilled vegetables to balance out the meal. Enjoy!