

to healthier, happier you

Get ready to a quick and creamy  
**delight with my 15 min Thai Coconut Curry!**

Packed with fresh flavors and creamy  
goodness, this recipe is perfect for a satisfying meal in no time  
Let's dive into the simple steps:

**INGREDIENTS for 1 portion:**

150g of raw shrimp (or chicken, white fish, tofu, seitan)  
100g of rice (or chickpeas or noodles)  
1/2 onion  
2 garlic cloves  
1 tsp of grated ginger  
1 chilli pepper (optional)  
1 tbsp of olive oil  
2 tsp of curry  
2 tsp of turmeric  
1 tsp of salt  
1 cup of coconut milk  
1/2 lime zest  
lime juice qb  
cilantro to garnish

**INSTRUCTIONS:**

Start by adding olive oil in a skillet or pot over high heat. Add the shrimp and grill until they turn pink and opaque, about 3-5 minutes. Be careful not to overcook. Remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, grated ginger, sliced chilli pepper the curry and turmeric and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the coconut milk, the lime juice, lime zest, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Add the shrimp and once the shrimp are cooked through, remove the pot from the heat. Taste and adjust the seasoning if necessary. Serve the Thai coconut shrimp curry hot over cooked rice, garnish with fresh cilantro leaves for added flavor and freshness. ENJOY!

**arise**

BY NICOLINA