



5-Ingredient Meal: Red Curry Shrimp & Vegetables

Ingredients:



1 cup Quinoa



1 can
Coconut Milk



2 tbsp. Red
Curry Paste



2 bags of
frozen stir-fry
veggies



1 lb raw frozen
shrimp
(deveined)

Directions:

1. Cook quinoa according to package.
2. In a large pot, bring coconut milk and curry paste to a slow boil and stir until blended. Let simmer for 5 minutes.
3. Add frozen veggies and cook for 3 minutes.
4. Add a pinch of desired seasonings. Good options are salt, pepper, or garlic!
5. Add raw shrimp and cook for 5 minutes OR until shrimp is no longer translucent (*you can also purchase cooked frozen shrimp!*).
6. Divide both the quinoa and the shrimp mixture into 4 servings. Serve one serving of quinoa (about 1 cup) with one serving of shrimp mixture (about 1.5 cups). Store leftover in fridge for up to four days!



1 cup of
Brown Rice

Substitute 1 cup of uncooked Brown Rice for Quinoa depending on preference and what you have on hand!

Add Tofu instead of shrimp for a vegetarian option. Drain and dry Tofu then cook on stove for ten minutes with oil!



1 lb of Tofu