

Moilee Shrimp Curry

A South-Indian classic, Moilee is all about the coconut. It gives a creamy, rich flavor to a smooth curry that's perfect for the whole family. We're making our version with shrimp, bell peppers, and tomatoes, then serving it over basmati rice.

30 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet (with a cover)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Shrimp
Moilee Curry
Green Peppers
Tomatoes & Onions
Toasted Coconut

Good to Know

If you ordered the **Carb Conscious version**, we sent your cauliflower "rice" instead of the Basmati Rice, reducing the **carbs per serving to 34g**. Skip step 1 and before step 2, heat 1 Tbsp olive oil in a large skillet over high heat and sauté until the cauliflower starts to brown, about 3 to 4 minutes. Use wherever instructions call for rice.

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 605 Calories, 34g Protein, 18g Fat, 79g Carbs, 16 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Basmati Rice, Green Peppers, Tomato, Onion, Garlic, Green Curry Paste, Yellow Curry Pate, Coconut Milk, Coconut, Ginger, Turmeric, Lime.

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1. Cook the Rice

Bring 2 cups of water to boil in a large saucepan. Add the **Basmati Rice** to the boiling water, reduce heat to low, cover and simmer for 15 to 20 minutes or until water has been absorbed and rice has reached desired tenderness. Let stand for 5 minutes and then fluff with a fork and set aside.

2. Cook the Shrimp

While the rice is cooking, pat dry the **Shrimp**, and lightly salt & pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Transfer to a cutting board and let rest for about 5 minutes, then cut each in half. Do not wipe out the pan.

3. Create the Sauce

Return the now-empty skillet the stove over medium-high heat. When the pan is hot, add the **Green Peppers** and cook until they start to char, about 3 to 4 minutes.

Add the **Moilee Curry** and **Tomatoes & Onions** and bring to a boil. Continue cooking until the sauce thickens and reduces by one-third, stirring frequently to avoid the sauce burning on the bottom of the pan, about 3 to 5 minutes. Reduce the heat to low, cover and simmer for 15 minutes. (Use a sheet pan to cover the skillet if you don't have a cover.) Remove from the heat and stir in the shrimp. Let sit for 2 minutes to heat the shrimp.

4. Put It All Together

Transfer the Basmati rice to serving bowls and top with the sauce and shrimp. Sprinkle with **Toasted Coconut** and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois