



Make it Carb Conscious

Shrimp Tikka Masala with Peas & Brown Rice



30min



2 Servings

| We made this recipe carb conscious by customizing with brown rice.

What we send

- 5 oz quick-cooking brown rice
- 1 yellow onion
- 1 oz pickled ginger
- ¼ oz fresh cilantro
- 10 oz pkg shrimp ²
- ¼ oz garam masala
- 8 oz tomato sauce
- 2½ oz peas
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- garlic
- neutral oil
- unsalted butter ⁷
- sugar

Tools

- small saucepan
- fine-mesh sieve
- microplane or grater
- medium skillet

Allergens

Shellfish (2), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 32g, Carbs 80g, Protein 34g



1. Cook rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve. Keep covered until ready to serve.



2. Prep ingredients

Finely chop **half of the onion** and **half of the pickled ginger** (save rest for own use). Finely grate **2 medium garlic cloves**. Pick **cilantro leaves** from **stems**; finely chop stems and reserve for step 5.

Rinse **shrimp**, pat dry, then toss with **1 teaspoon garam masala** and **a pinch each of salt and pepper**.



3. Cook shrimp

In a medium skillet, heat **1 tablespoon oil** over high until lightly smoking. Add **shrimp** and cook, stirring occasionally, until just cooked through, 3-4 minutes; transfer to a plate. Return skillet to medium-high heat with **2 tablespoons butter**. Add **onions** and **a pinch of salt**. Cook, stirring frequently, until softened and browned, 4-5 minutes.



4. Simmer sauce

Add **ginger** and **garlic** to skillet; cook, stirring often until aromatic, 1-2 minutes. Add **remaining garam masala** and cook until aromatic, about 30 seconds. Add **tomato sauce**, **¼ cup water** and **2 teaspoons sugar**; bring to a boil. Lower heat to medium-low and simmer for 5 minutes.



5. Finish sauce

Stir **shrimp**, **peas**, and **cilantro stems** into skillet; cook until peas are tender and shrimp is warmed through, 1-2 minutes. Stir in **sour cream** and **1 tablespoon butter** until sauce is creamy; remove from heat. If sauce is too thick, loosen with a couple tablespoons of water. Season to taste with **salt** and **pepper**.



6. Serve

Fluff **rice** with a fork and divide between bowls. Top with **shrimp tikka masala**. Garnish with **cilantro leaves**. Enjoy!