

BUTTER SHRIMP

Time: 30 minutes

Serves: 2

Ingredients:

40g ghee (or butter)
1 yellow onion – diced
2 cloves garlic - finely chopped
5g salt
3g fresh grated ginger
3g chili powder
0.5g ground cloves
0.5g ground cinnamon
0.5g garam masala
0.5g ground cardamom
450g large shrimp – peeled
15g cilantro (about half a bunch) - finely chopped

Preparation:

Place a large frying pan on medium heat and add the ghee.

When the ghee is hot, add the onion, stirring occasionally until translucent (about five minutes).

Stir in all remaining ingredients except shrimp and cilantro. Cook for one minute.

Turn heat to high.

Add the shrimp, stirring often until cooked through (58C internal temperature if you have a thermometer sharp enough and the shrimp are large enough to test).

Remove from heat and stir in most of the cilantro, reserving some for garnish.

Serve immediately.

Nutritional Information Per Serving:

Calories: 388	Hand-Size Portion Guide Palms of Protein: 2 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 1
Fat: 21.1g	
Carbs: 5.1g	
Fibre: 0.8g	
Protein: 45.9g	