shrimp with coconut milk over rice and green bean salad

TOTAL TIME
30 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Complete your meal with red beans, sweet dinner rolls, and bread pudding for dessert. Slice some fresh radishes and add to the bean salad for a touch of snappy crunch.

SHOPPING LIST

Dry Grocery
1 cup instant rice
1/2 cup light coconut milk
2 tbsp light olive oil vinaigrette
1/4 cup white wine

Frozen
1 (7.5-oz) box green beans with almonds
1/4 cup sofrito

Produce
1/4 bunch fresh cilantro
1 lemon (for zest)
1 lime (for juice)
1/4 cup pre-diced red onions

Seafood
1 lb large peeled/deveined shrimp

From Your Pantry
2 tbsp extra-virgin olive oil

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COOKING SEQUENCE

- Begin to thaw sofrito and green beans
- Prepare salad through step 1 - 10 minutes
- Continue shrimp recipe; complete salad and serve - 20 minutes

shrimp with coconut milk over rice

INGREDIENTS

1/4 cup frozen sofrito
1 1/4 cups water
2 tablespoons extra-virgin olive oil
2 tablespoons fresh cilantro, finely chopped
zest of 1 lemon
1 cup instant rice
1 lb large peeled/deveined shrimp (thawed)
1/4 cup white wine
1/2 cup light coconut milk

PREP

- Thaw sofrito under cool running water.
- Combine water and oil in medium saucepan; bring to a boil for rice.
- Chop cilantro. Zest/grate lemon peel (no white; 1 tablespoon).

STEPS

1. Stir lemon zest and rice into boiling water. Remove from heat, cover, and let stand 5 minutes or more.
2. Preheat large sauté pan on medium-high 2–3 minutes. Place 1/4 cup sofrito in pan (chill remaining sofrito for another use), then stir in shrimp; cook and stir 3–4 minutes or just until shrimp begin to turn pink.
3. Stir in wine, coconut milk, and cilantro. Cook and stir 2 minutes or until thoroughly heated. Fluff rice with fork; serve shrimp over rice.

CALORIES (per 1/4 recipe) 330kcal; FAT 13g; CHOL 180mg; SODIUM 980mg; CARB 26g; FIBER 1g; PROTEIN 23g; VIT A 8%; VIT C 8%; CALC 8%; IRON 10%

green bean salad

INGREDIENTS

1 (7.5-ounce) box frozen green beans with almonds
2 tablespoons fresh cilantro, finely chopped
1/4 cup pre-diced red onions
juice of 1 lime
2 tablespoons light olive oil vinaigrette
1/4 teaspoon salt

PREP

- Thaw green beans under cold running water (about 2 minutes); set almond topping aside.
- Chop cilantro.

STEPS

1. Drain beans thoroughly; place in medium bowl. Stir in cilantro and onions. Squeeze juice of lime over salad (2 tablespoons). Add dressing and salt; toss to coat. Chill until ready to serve.
2. Sprinkle almond topping over salad and serve.

CALORIES (per 1/4 recipe) 50kcal; FAT 2.5g; CHOL 0mg; SODIUM 310mg; CARB 6g; FIBER 2g; PROTEIN 2g; VIT A 4%; VIT C 10%; CALC 4%; IRON 4%

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