



the fit gourmet

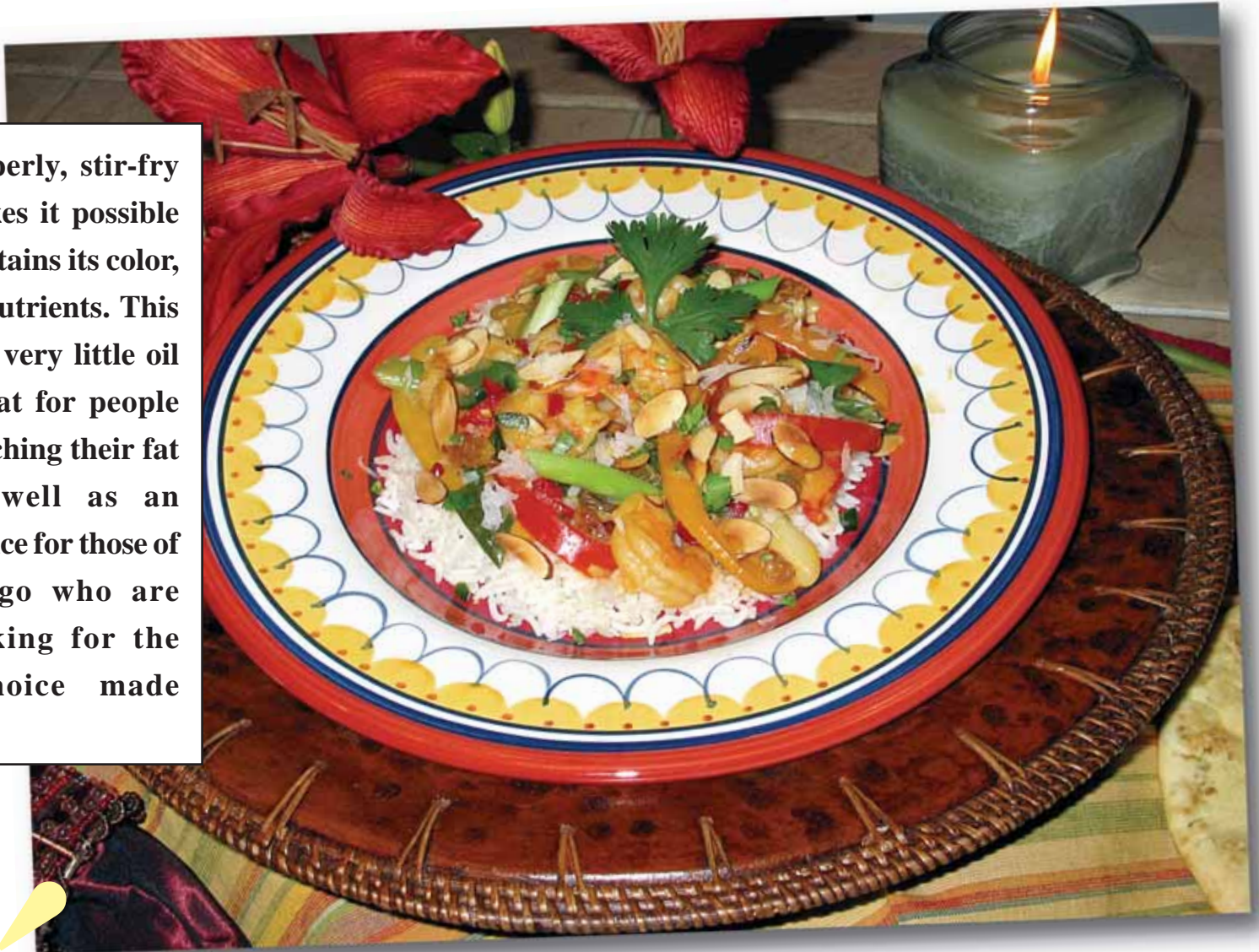
Indian Shrimp-Coconut Stir-Fry

Stir-fry's are a healthy choice and can make preparing fresh, nutritious meals easy and fun!

The perfect fit for a healthy, busy lifestyle!

By Danielle Nagel, APCA
Photos by the Fit Gourmet

If done properly, stir-fry cooking makes it possible for food to retain its color, flavor, and nutrients. This method uses very little oil so it's a great for people who are watching their fat intake as well as an excellent choice for those of us on the go who are simply looking for the healthy choice made simple.



Looking for healthy recipes, meal plans, nutrition advice, fit tips & more?
www.FitandBeyond.com ...healthy recipes for the body, mind & soul.



Indian Shrimp-Coconut Stir-Fry

Ingredients:

1/2 lb. large shrimp, peeled and deveined
1/2 T. vegetable oil, divided
1 T. curry powder
1/2 tsp. ground coriander
1/4-1/2 tsp. cayenne pepper, (depending on your spice preference)
3 garlic cloves, minced
1 T. fresh ginger, thinly sliced
1 red chile pepper, minced
1 cup red bell peppers, cut into strips
1 cup yellow or orange bell peppers, cut into strips
1 cup green onions, diagonally sliced
1 cup light coconut milk
1/4 cup orange juice
1/2 T. cornstarch
1 T. low-sodium soy sauce
1/2 tsp. ground ginger
1/4 tsp. salt, optional
1/4 cup golden raisins
1/4 cup sliced almonds, toasted
1/4 cup shredded sweetened coconut
1 T. fresh cilantro, chopped
3 cups basmati rice, cooked

Directions:

1. In a medium bowl combine, shrimp, 1/2 T. vegetable oil, curry powder, coriander, and ground red pepper; toss together and set aside.
2. Heat a large skillet or wok over medium-high heat. Add remaining vegetable oil and heat to 350°-375°. Add garlic, ginger and chile peppers; stir-fry for 20-30 seconds. Add shrimp; continue stir-frying 3-4 minutes. Next, remove shrimp or push to side, toss in peppers and onions; continue stir-frying another 3 minutes.
3. In a small bowl, combine coconut milk, orange juice, cornstarch, soy sauce, ginger and salt; whisk together well then add mixture to stir-fry; continue stir-frying another 4- 6 minutes allowing sauce to thicken. Toss shrimp back in stir-fry.
4. Stir in raisins, remove from heat and sprinkle dish with almonds, coconut and fresh cilantro over basmati rice.

Serves 6.

Stir-Frying Made Simple:

1. PREP AND ASSEMBLE ALL THE INGREDIENTS.

The real secret to successful stir-fry cooking is to have everything prepped, organized and ready to be added before the cooking starts. This can also be done a day or two in advance. Simply prepare all the ingredients, place in containers then label and store in frig until cooking day.

All ingredients need to be cut into small pieces for quick, even cooking. By dividing the ingredients into bowls in the order they're needed, ex: meats, vegetables, aromatics, and sauce ingredients, makes stir-frying that much easier.

2. HEAT THE WOK OR SKILLET UNTIL HOT BEFORE ADDING THE OIL.

It's very important to always heat the wok or pan before adding the oil. Any good vegetable oil, with the exception of olive, will work well. Olive oil will impart a strong flavor and will breakdown at a lower temperature. Much of your success of stir-frying will depend on the heat of the oil.

If the oil is too cold then the food will absorb too much and become soggy. If it's too hot the aromatic

ingredients such as garlic will burn.

3. ADD THE OIL AND HEAT TO 350 TO 375 DEGREES.

When the oil reaches 350 to 375 degrees, throw in the aromatics and heat for 30 seconds, such as garlic, ginger, hot peppers. This will add flavor to the oil.

4. ADD THE MEATS OR FISH.

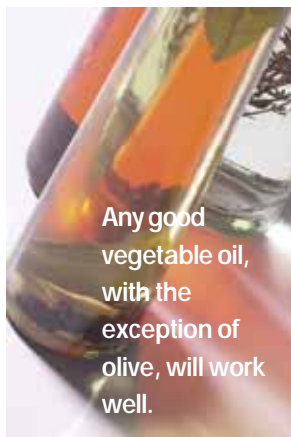
Add any meat or fish your recipe may call for now and stir-fry until it is browned, about 3 to 4 minutes. When browned simply remove the meat or push it to the sides of the pan to slow the cooking process while you add the veggies.

5. ADD THE VEGETABLES.

Add any remaining veggies and stir-fry 3 minutes until tender but crisp. Always add the denser, thicker vegetables first and then add the smaller ones so that nothing will be overcooked or underdone.

6. ADD THE SAUCE.

Finally add the sauce ingredients, stir and toss until sauce has thickened and stir-fry ingredients are evenly coated.



READ THIS!
To Get the MOST
out of your
protein powder



The purest form
of protein
known to man
IN THE
ENTIRE WORLD!

Most protein powders stop supporting muscle growth in as little as 2 to 3 hours. And, NO protein powder in the world today is better than 70% to 80% bioavailable. While most protein powders require 2 scoops of powder to get 40 grams of protein. Your body will only use 28 to 32 grams of the 40 grams of protein available. Whereas, one 8oz cup of Liquid Egg Whites will supply 26 grams of 100% bioavailable protein, and will support muscle growth for up to 4 to 5 hours. This is also a great weight loss product! To get the best use out of your protein powder, DON'T mix it with water or milk! You can now use only one scoop of powder and mix it with one 8oz cup of 100% Pure Liquid Egg Whites! It will taste better than with water or milk, and you will get a longer lasting protein in your body. The liquid egg whites will add body to the drink, but you can't taste the Egg Whites! They are not slimy as you might think, and they are tasteless and odorless! They also make great omelets, and can be used in place of whole eggs in any recipe. This product is pasteurized, salmonella tested, USDA and Kosher approved. 100% Satisfaction Guaranteed.



Universal Pump fits both
Gallon and Half Gallons

For more information:
www.eggwhitesint.com
or 714.921.GOOD (4663)