

THAI SHRIMP KEBABS

INGREDIENTS

PREPARATION: 20 MINUTES

COOKING: 15-18 MINUTES

8 SERVINGS

Allow a few hours for marinating.

- 1 cup red peppers, cubed
- 2 small onions, quartered
- 2 cups cauliflower, cut in florets
- 1/2 cup fresh lime juice
- 1/2 cup white wine
- 1 tablespoon red or green Thai curry paste
- 1/2 cup vegetable oil
- 1/3 cup fresh basil or
- 1 1/2 lbs shelled raw shrimp
(suggested size 31-40)
- 8 skewers



Note: *This is a great recipe for your summer party.
Recipe can easily be halved.*

PREPARATION

- 1** Cut red peppers and onions.
- 2** Put cauliflower in boiling water for 2 minutes, drain and set aside.
- 3** In a large bowl, blend the lime juice, wine, curry paste, oil and herbs together with a whisk. Toss in shrimp and all vegetables and marinate in the fridge for a minimum of 1 hour, up to 12 hours.
- 4** Place the shrimp and vegetables on skewers, alternating them attractively.
- 5** Grill on BBQ on medium heat for 15 to 18 minutes or broil on a baking sheet in your oven for 15 minutes, turning them once. Serve with basmati rice.

Nutrient Analysis

PER SERVING

1/8 of recipe : 1 skewer

Renal exchange:

2 Protein + 1 Vegetable

Calories	157kcal
Protein	18g
Carbohydrates	8g
Fibre	1g
Total Fat	5g
Saturated Fat	0g
Cholesterol	128mg
Sodium	150mg
Potassium	374mg
Phosphorus	206mg