



A Recipe from



DR. SINATRA'S

SPICY SHRIMP 'N' RICE

Shrimp will take on almost any seasoning you cook it with, so it is perfect for this mildly spicy broth. This South Asian-style meal is lightly aromatic and surprisingly filling, because shrimp are full of sugar-balancing protein. Add [vegetables](#) to the broth for variety and extra healing power.

- 1 cup brown rice
- 2 ¼ cups low-sodium chicken broth
- 2 ¼ cups low-sodium vegetable broth
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- ½ teaspoon red curry paste
- 1 teaspoon lime juice
- 1 teaspoon salt, or to taste
- Pinch chili powder, to taste
- ½ cup dry white wine
- 2 pounds medium shrimp, peeled and deveined

In a medium saucepan with a lid, prepare the rice according to the package directions, using chicken broth instead of water. One cup of brown rice usually requires 2 ¼ cups stock and takes 45 minutes to cook. When rice is done, fluff with a fork and set aside. While the rice is cooking, prepare the broth. Heat the vegetable broth, [garlic, ginger](#), curry, lime juice, salt, chili powder, and wine in a large saucepan over medium-high heat for 5 minutes. Reduce the heat to medium-low, add the shrimp and cover the pot. Cook the shrimp until they are opaque, about 2 minutes. Remove the lid and remove from the heat. To serve, divide the rice among four shallow bowls, spoon the spicy shrimp and broth into each bowl and serve. Serves 6.