

FOOD



Mango Rice Shrimp Salad

With curry-marinated shrimp, coconut-tinged rice, crunchy vegetables, and distinctively flavored mango, this dish is delicious and fast.

Ingredients

- 1 tablespoon minced fresh garlic
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon low-sodium soy sauce
- 4 teaspoons curry powder
- 1/8 teaspoon ground red pepper
- 1/8 teaspoon ground cumin
- 1 1/2 pounds medium shrimp, peeled and deveined (about 36 shrimp)
- 2 cups water
- 2/3 cup light coconut milk
- 1 1/4 cups uncooked long-grain rice
- 3/4 cup shredded carrot
- 2 cups diced peeled mango (about 2 mangoes)
- 1 1/2 cups diced red bell pepper
- 1/2 cup sliced green onions
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh parsley
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- Cooking spray
- Cilantro sprigs (optional)

Preparation

1. Combine first 6 ingredients in a medium bowl. Add shrimp; toss to coat. Cover and chill 1 hour.
2. Bring water and coconut milk to a boil in a medium saucepan; add rice. Cover, reduce heat, and simmer 15 minutes or until the liquid is absorbed. Add carrot and next 7 ingredients (through salt); toss gently to combine.
3. Prepare grill or grill pan to medium-high heat.
4. Thread 3 shrimp onto each of 12 (6-inch) skewers. Place skewers on grill rack or grill pan coated with cooking spray; grill 3 minutes on each side or until shrimp are done. Serve skewers over salad. Garnish with cilantro sprigs, if desired.

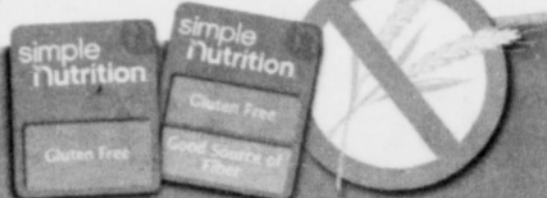
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