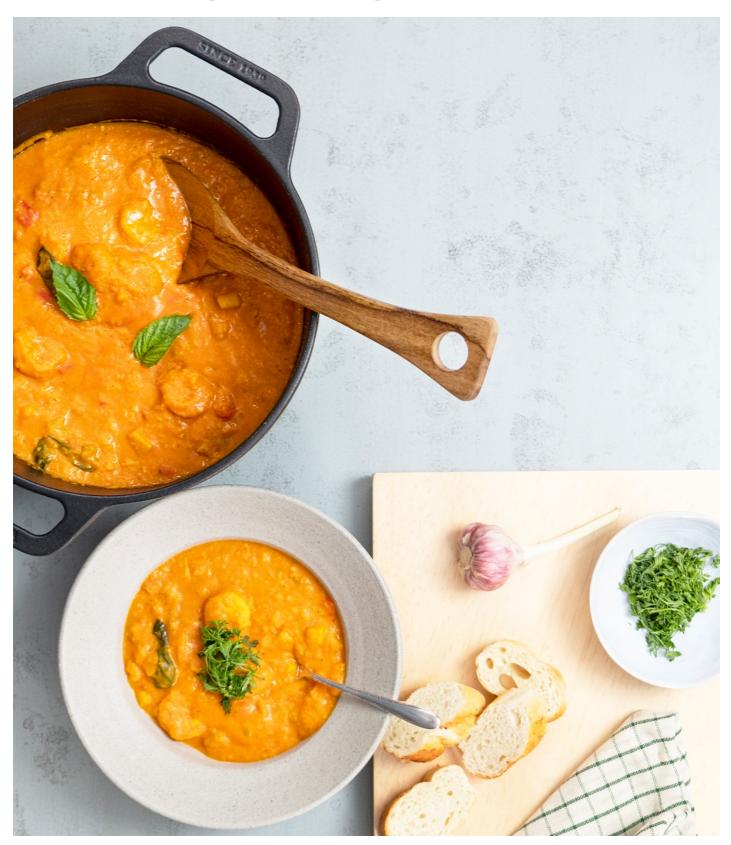


# **Tomato Shrimp Coconut Spiced Casserole**



Preparation time: 35 min

**Difficulty**: Easy

#### **Ingredients**

### For this recipe we used:

• Carrots: ½ C

Crushed tomatoes with chili pepper 2 boxes

• Celery cut in squares:  $\frac{1}{2}$  C

Cinnamon: ½ tsp
Coconut milk: 1 can
Diced plantain: 1 C
Fennel seeds: ½ tsp

Finely chopped celery.: ½ C
Finely chopped green onion.: ½ C

• Finely chopped sweet bell pepper or paprika: ½ C

• Fresh basil leaves: ½ C

• Garlic: 5 cloves, 3 finely chopped

Grated ginger: 2 tsp
Ground cardamom: ½ tsp
Ground cumin: 1 tsp

• Ground sweet pepper: ½ tsp

• Olive oil: 1/4 C

• Onion cut in squares: ½ C

Oregano: to season

Peeled creole potato.: 1 CPrepared tomato coulis: 2 C

Raw shrimp (peeled and deveined): 2 lbs

Salt and pepper: to seasonSalt and pepper: to taste

Sugar: to tasteTurmeric: 1 tsp



## **Preparation**

Fire up the day with a scrumptious Tomato Shrimp Coconut Spiced Casserole! Want more? Give it an extra kick with Crushed Tomatoes with Chili Pepper from Pomì.

### **PREPARATION**

For the tomato coulis:

- 1. In a saucepan over medium high heat add the 3 tbsp of olive oil, 2 cloves of garlic, white onion, carrot, celery, thyme, bay leaf and the two boxes of POMI crushed tomatoes with chili. Cook for 25 to 30 minutes.
- 2. When the vegetables are cooked, blend into a sauce. Rectify flavors to balance acidity.

For the soup:

- 1. Sauté the 3 gloves of finely chopped garlic, grated ginger, white onion, celery and sweet chili.
- 2. Add the spices to the same pan. Add cumin, sweet pepper, turmeric, black pepper, cinnamon, cardamom, fennel seeds and sauté.
- 3. Add the ripe plantain, creole potatoes and 1 cup of water. Cover and cook for 5 minutes.
- 4. Add a can of coconut milk.
- 5. Add the tomato coulis.
- 6. Season the shrimps with salt and black pepper, mix and leave for a few minutes.
- 7. Mix the shrimps with the soup.

- 8. Add the basil.
- 9. Serve the soup and finally add some more basil.