

# Tomato Shrimp Coconut Spiced Casserole

**Preparation time:** 35 min

**Difficulty:** Easy

## Ingredients

- Carrots: ½ C
- Celery cut in squares: ½ 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: ¼ C
- Onion cut in squares: ½ C
- Oregano: to season
- Peeled creole potato.: 1 C
- Prepared tomato coulis: 2 C
- Raw shrimp (peeled and deveined): 2 lbs
- Salt and pepper: to taste
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- Sugar: to taste
- Turmeric: 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 Pomi.**

### 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.

**For this recipe we used:**

Crushed tomatoes with chili pepper 2 boxes

