



30min
TOTAL TIME

✓ Sweet-and-Sour Shrimp and Pineapple With Coconut Rice

Hands-on time: 30 minutes Total time: 30 minutes Makes: 4 servings

Sweet-and-sour Thai-inspired ingredients enhance the mild flavour of shrimp. Sprinkle chopped green onions over the rice as a garnish, if desired.

2 tbsp each lime juice and fish sauce
1 tbsp granulated sugar
1 tsp grated fresh ginger
1 lb (450 g) jumbo shrimp (21 to 25 per lb), peeled and deveined
4 thick (½-inch/1 cm) slices cored peeled pineapple

COCONUT RICE:

2 tbsp butter
3 shallots, thinly sliced
2 cloves garlic, minced
2 tbsp grated fresh ginger
1 cup jasmine rice
1 cup coconut milk
¼ tsp salt

COCONUT RICE: In saucepan, melt butter over medium heat; cook shallots, garlic and ginger, stirring occasionally, until softened, about 4 minutes. Add rice, stirring to coat and lightly toast for about 2 minutes. Stir in coconut milk, ½ cup water and salt; bring to boil. Cover and reduce heat to low; cook until rice is tender and no liquid remains, 12 to 15 minutes.

Meanwhile, whisk together lime juice, fish sauce, sugar and ginger.

Place shrimp and pineapple on greased grill over medium-high heat; close lid and grill, brushing both with sauce and turning once, until shrimp are pink and pineapple is grill marked, about 6 minutes. Serve with coconut rice.

PER SERVING: about 489 cal, 23 g pro, 20 g total fat (15 g sat. fat), 56 g carb (3 g dietary fibre, 12 g sugar), 145 mg chol, 671 mg sodium, 505 mg potassium. % RDI: 8% calcium, 33% iron, 10% vit A, 43% vit C, 14% folate. »