

# Shrimp in Coconut Milk

Back in Brazil, we used to cook seafood with coconut milk therefore this recipe is inspired by Brazilian cuisine.

## ***Ingredients:***

1 small green bell pepper

1 small red bell pepper

1 small onion

1 teaspoon of minced garlic

1 tablespoon olive oil

1 lb medium to large size shrimp, cleaned.

$\frac{1}{2}$  cup coconut milk

Salt                      and                      pepper                      to                      taste





**Method:**

In a medium skillet saute garlic, onion, and the bell peppers in olive oil.

Let it cook for approximately 3 minutes by lowering the heat, add the coconut milk and let it simmer for 2 more minutes.

Increase the heat and add the shrimps, salt and pepper.

Cool for another 2 minutes.

Serve hot with white rice.



Did you know that shrimp have a high resistance to toxins? Since shrimp are an important source of food for large animals, their high resistance to toxins may contribute to high toxin levels in their predators. Shrimps are high in calcium, iodine and protein. Shrimps have

significant levels of cholesterol, but do not contain saturated fat, it is considered healthy for the circulatory system. Moreover, shrimp is considered a low caloric food.

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a great week!***