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### **Curried Quinoa and Sautéed Shrimp**

Yield: 4 servings

1 tbsp. olive oil  
3 shallots, finely diced  
5 garlic cloves, minced  
3 tsp. curry powder  
½ tsp. cumin  
2 cups (uncooked) quinoa  
4 cups chicken broth  
1 tbsp. butter  
1 lb. raw shrimp, peeled and de-veined  
¾ cup fresh parsley, coarsely chopped  
1 cup freshly grated Parmesan  
salt and pepper



1. In a large skillet, heat the olive oil over medium heat. Add the shallot and sauté until softened, about 5 minutes. Add two cloves of the minced garlic, and sauté for another minute. Stir in the cumin and 1 tsp. of the curry powder. Sprinkle in a bit of salt and pepper.
2. Add the quinoa to the skillet with the sautéed ingredients. Stir constantly for 1 minute to combine all of the flavors. Pour in the chicken broth. Bring to a boil over high heat. Once boiling, put the lid on and reduce the heat to medium-low. Cook for 15 minutes until quinoa is soft and fluffy. When finished, toss in ½ cup each of fresh parsley and Parmesan cheese.
3. Meanwhile (as the quinoa is cooking), melt the butter in a separate skillet. Once melted, add the shrimp and remaining 3 cloves of minced garlic. Sprinkle the shrimp with the remaining 2 tsp. of curry powder, and a bit of salt and pepper. Cook the shrimp over medium heat until fully cooked, about 5 minutes. Simmer over low heat until quinoa is fully cooked.
4. To serve, spoon quinoa on a plate, place shrimp on top, and sprinkle with fresh parsley and parmesan cheese to garnish.