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| Coconut Curry Seafood Stew  Comes together quick using frozen veggies and seafood. This dish can be eaten as soon as your seafood is cooked. Check for sustainably fished labels on your seafood packages before purchasing. Ingredients:  |  |  | | --- | --- | | 24 oz | Seafood Mix (Frozen) $6.00 | | 10 oz  12 oz  6 oz  8 oz  8 oz  14 oz  1-4 TB  Garnish  1-2 TB  Dash | Brown Rice (Cooked and Frozen) $1.70  Carrots (Sliced, Frozen) $1.40  Onions (Chopped, Frozen) $.75  Mushrooms (Fresh, Sliced) $1.30  Sugar Snap Peas (Fresh) $1.80  Coconut Cream (watch for added ingredients) $2.50  Mild Curry  Peanuts or Salted Cashews  Coconut Oil  Salt |  Directions: Set your Cooker to sauté and add coconut oil (1 TB or so). Add your onions and let them brown nicely. Next, add a dash of salt and then your mushrooms. Toss in your carrots and add a good 3 to 4 TBs of curry. Let the frozen veggies cook for a bit before adding your peas. You want to be sure to not overcook the peas as they will get mushy. Stir your coconut cream and then add at least half of the can or more depending on your taste. The rice will be added next stir and allow everything to set for a few minutes. Lastly, add your seafood stir and put the lid on. Let it cook for about 4 minutes. Be careful to not overcook your seafood as it will get tough. Use your peanuts or cashews as garnish when serving. | Logo  Description automatically generated |
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