

Goan Shrimp Curry (Classic + EAT–Lancet Options)

About

A Goan-style coconut milk curry that can be prepared in its original form **or** enhanced with **EAT–Lancet Planetary Health Diet** and **longevity upgrades**.

Use the version that fits your goals: Classic, EAT–Lancet–Optimized, or Fully Longevity-Enhanced.

Servings

4–6 servings

Ingredients

Base Curry (same for all versions)

- 2 Tbsp olive oil
- 2 medium shallots, chopped
- 1 tsp sweet paprika
- 1 tsp smoky paprika
- ½ tsp turmeric
- ½ tsp ground black pepper
- ¼ tsp ground cayenne
- **Coconut milk:**
 - Classic: **1½ cup (13 oz can)**
 - EAT–Lancet Option: **¾ cup coconut milk + ½ cup unsweetened oat or almond milk**
- 1½ lb shrimp, peeled & deveined (preferably sustainably sourced)
- Salt (Classic: to taste • EAT–Lancet: **½–¾ tsp**)
- 2 tsp lemon juice

Optional Add-ins for EAT–Lancet Version

- 2 cups chopped vegetables (e.g., tomatoes, red bell pepper, spinach)

Grain to Serve With

- Classic: **Brown rice or quinoa (½ cup cooked per serving)**
- EAT–Lancet Option: **Protein Grain Medley** (*½ cup cooked per serving*)
 - *Instant Pot:*
1 cup lentils + 1 cup quinoa + 3 cups water • High Pressure 9 min • NR 10 min

Longevity Enhancements

- Stir **¼ tsp turmeric** into the cooked Medley (activates with curry heat)
- Add **fresh cilantro + fresh lemon** at serving
- Add **spinach directly to the hot Medley** so it wilts instantly (boosts folate & lutein)

Preparation

1. Heat olive oil in a skillet over medium-high heat.
 2. Add shallots and cook until lightly browned, about 2 minutes.
 3. Remove pan from heat and stir in paprika, turmeric, black pepper, and cayenne to form a spice paste.
 4. Return to heat and add coconut milk (or coconut + plant milk). Stir thoroughly.
 5. Bring to a gentle simmer.
 6. Add shrimp, salt, and lemon juice. Stir to coat.
 7. (Optional EAT–Lancet step) Add chopped vegetables.
 8. Lower heat and cook until shrimp are pink and opaque, 3–5 minutes.
 9. Taste and adjust seasoning.
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Serve

Serve immediately over **your choice of grain**:

- Classic: **½ cup cooked brown rice or quinoa**
- EAT–Lancet: **½ cup cooked Protein Grain Medley** (lentils + quinoa)

Longevity Enhancements

- Add turmeric to grains
 - Add fresh cilantro and lemon
 - Add spinach to the hot grains to wilt
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Nutrition Comparison (per serving, estimated)

Classic Version

- **Calories:** 430–480
- **Protein:** 25 g
- **Fat:** 28–32 g
 - *Saturated fat:* high (from full coconut milk)
- **Carbohydrates:** 22–28 g
- **Fiber:** 2–3 g
- **Sodium:** variable
- **Environmental footprint:** moderate (higher coconut milk + no added vegetables)

EAT–Lancet–Optimized Version

- **Calories:** 350–400
- **Protein:** 25 g
- **Fat:** 18–22 g
 - *Saturated fat:* ~45% lower
- **Carbohydrates:** 28–32 g
- **Fiber:** 6–8 g
- **Sodium:** ½–¾ tsp salt

- **Environmental footprint:** lower
 - reduced coconut milk
 - higher plant-based content
 - better grain choice (Protein Grain Medley)

Longevity-Enhanced Version

(EAT-Lancet version + anti-aging add-ins)

- **Calories:** 360–410
- **Protein:** 26–30 g
- **Fat:** 18–22 g
- **Carbohydrates:** 30–35 g
- **Fiber:** 7–10 g
- **Micronutrient boosts:**
 - ↑ Lutein, folate (spinach)
 - ↑ Curcumin absorption (turmeric + pepper)
 - ↑ Vitamin C & polyphenols (lemon/cilantro)
- **Best choice for cognitive support, inflammation reduction, and metabolic health**

Summary

This unified recipe lets you choose between:

Version	When to Use	Benefits
Classic	Comfort cooking, familiar texture	Rich flavor, simplest prep
EAT-Lancet	Sustainable, heart-healthy, longevity-focused	Lower saturated fat, more vegetables, better grain base
Longevity-Enhanced	Maximum anti-aging, metabolic control, cognition	Curcumin activation, leafy greens, citrus polyphenols

All versions preserve the core Goan flavor profile, so you can upgrade nutrition without sacrificing pleasure.