



Italian Seafood Curry

Yields: 74P, 101F, 5C

Ingredient List:

- 1 ½ Pounds Spicy Italian Sausage, rolled into 40 mini meatballs
- 1 Shallot, minced
- 4 Cloves Garlic, minced
- 1 Large Onion, small dice
- 2 Pounds 16/20 Wild Shrimp, peeled and deveined
- 1 Pound Shark, cut into one-inch-cubes (I used thresher shark, but you can use any meaty fish)
- 1 Pound Bay Scallops
- Olive Oil
- Kosher Salt, to taste
- Freshly Ground Black Pepper, to taste
- 1 Clamshell Grape Tomatoes, rinsed
- ¾ Cup Paleo Pesto
- 1 Can Light Coconut Milk

Preparation Instructions:

1. Heat meatballs over medium-high heat in a large sauté pan, skillet or soup pot.
2. Once meatballs are half cooked, add shallots and garlic to the pan and stir well until garlic begins to toast, then add onion and stir again.
3. Season the shrimp and shark with Kosher salt, pepper and olive oil
4. Turn heat to high, and add shark to pan, placing pieces in exposed oil. Don't stack on top of meatballs. Cook for two minutes.
5. Add shrimp and stir all pan ingredients so that they are equally exposed to the hot pan surface. Cook for 3-5 minutes. Meatballs should be nearly cooked through at this point.
6. Add scallops, grape tomatoes and pesto and stir well to incorporate all ingredients.
7. Add coconut milk and stir until sauce is uniform. Remove pan from heat and serve to your friends immediately. Bon Appetit!
8. You can portion out and refrigerate for up to one week or freeze for up to six months.

“Keep It Paleo!”