

## **CARBCONTROL RECIPES**

### **MAINS**

#### **Shrimp Curry with eggs – serves 6**

5 tbsp butter – or use olive oil

500g boiled shrimps

1 cup mayonnaise

2/3 cup water

½ cup cream

1 tsp curry powder

½ tsp cayenne

heat butter or olive oil and add shrimps. Stir over moderate heat for 3 minutes, then remove from element. In a saucepan, heat mayonnaise, ½ cup water, curry powder and cayenne. Stir until smooth. Add more curry if desired, then mix with shrimps.