

# CURRIED SHRIMP, ROASTED VEGETABLE & ALMOND SOUP

A recipe by **FoodNouveau**

Serves 2 as a meal, or 4 as a first course

## INGREDIENTS

### For the curried almonds

- ½ cup [125 ml] sliced almonds
- 1 tsp [5 ml] extra-virgin olive oil
- ¼ tsp [1.25 ml] cumin
- ¼ tsp [1.25 ml] turmeric
- ¼ tsp [1.25 ml] sea salt
- ¼ tsp [1.25 ml] freshly ground black pepper

### For the broth

- 1 tbsp [15 ml] canola oil, or other neutral-tasting oil
- 1 small onion, sliced
- 2 tbsp [30 ml] green curry paste (see note)
- 1 tsp [5 ml] fresh ginger, grated finely
- 3 cups [750 ml] unsweetened almond beverage
- 1 tsp [5 ml] fish sauce
- juice from 1 lime (about ¼ cup [60 ml])
- 1 tsp [5 ml] sea salt

### For the roasted veggies

- 1 tbsp [15 ml] extra-virgin olive oil
- 1 small sweet potato, peeled and cut in thin wedges (about 5 oz [140 g])
- 1 cup [250 ml] cauliflower bouquets
- ½ orange, yellow, or red bell pepper, cut in slices
- ½ a medium zucchini, cut in sticks (about 3.5 oz [100 g])
- sea salt and freshly ground black pepper

### For the sautéed shrimp

- 1 tsp [5 ml] canola oil, or other neutral-tasting oil
- 12 large shrimp (26-30 per pound), shelled
- ¼ tsp [1.25 ml] turmeric
- sea salt and freshly ground black pepper

### To serve

- 4.5 oz [125 g] flat and wide rice noodles, sometimes called “rice sticks” or “pad thai noodles,” cooked according to the manufacturer’s instructions
- fresh coriander and/or basil leaves
- fresh lime slices



Recipe Credit: Marie Asselin

Photo Credit: Marie Asselin

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## METHOD

Preheat the oven to 425°F [210°C]. Set a rack to the middle position.

**Make the curried almonds:** Line a baking sheet with aluminum or parchment paper. In a small mixing bowl, add the sliced almonds and olive oil and mix so the almonds are completely coated (using the hands works best to do this task). In a tiny bowl, mix the cumin, turmeric, sea salt, and black pepper together. Sprinkle over the almonds and mix to distribute the spices. Spread over the baking sheet and bake for 5 minutes. Keep a close eye on the almonds because they can burn easily. After 5 minutes, mix the almonds so they toast evenly, and return to the oven for 2 to 5 minutes, or until they're golden and crisp. Let cool completely (keep the oven on).

You can make the curried almonds up to 3 days in advance: once cool, store the almonds in an airtight container at room temperature (be warned that it will be very tempting to eat them as a snack, though!)

**Make the broth:** In a medium pot, heat the oil over medium-low heat. Add the onion and soften without browning, about 3 minutes. Add the curry paste and grated ginger, and cook until fragrant, about 1 minute. Add the almond beverage, bring to a simmer, then lower the heat to a minimum, half-cover and keep at a low simmer for 15 minutes. Add the fish sauce, lime juice, and sea salt, stir, and keep warm over the lowest heat setting.

**Make the roasted veggies:** While the broth is simmering, line a baking sheet with aluminum paper and grease with cooking spray. Place the sweet potatoes in a large mixing bowl. Drizzle 1 tsp [5 ml] of the olive oil over, then mix to coat the sweet potato slices evenly (using the hands works best). Transfer to the baking sheet, setting the slices side by side without overlapping. Sprinkle with a pinch of sea salt and some freshly ground black pepper. Roast for 10 minutes.

In the meantime, add the cauliflower, bell pepper, and zucchini to the mixing bowl, and drizzle with the remaining 2 tsp [10 ml] olive oil. After the sweet potato slices have roasted for 10 minutes, take the baking sheet out, and turn the oven up to broil. Distribute the cauliflower, bell pepper, and zucchini on the baking sheet, in a single layer, then sprinkle with a pinch of sea salt and some freshly ground black pepper. Broil for 5 minutes, or until the vegetables are slightly charred and crisp tender.

**Make the sautéed shrimp:** While the vegetables are roasting, sprinkle the shelled shrimp with the turmeric, a pinch of salt, and some freshly ground black pepper. Set a medium skillet over medium-high heat, and add the oil. When the oil is shimmering, add the shrimp and cook on one side, without disturbing them, for 2 minutes. Turn all the shrimp over, and cook for 1 to 2 minutes more, or until they are barely cooked through (they will cook some more in the hot broth). Set aside.

**Assemble the soup:** Set a bed of cooked rice noodles in the bottom of two large (or four regular) soup bowls. Divide the roasted vegetables over each portion, and then the shrimp. Pour some hot curried broth into each bowl, then top each portion with a generous sprinkling of curried almonds, as well as fresh coriander and basil leaves. Serve immediately with an additional slice of lime.

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**Note:** Green curry paste is fairly mild tasting, and it is key to building flavor in this soup, so I like to use a generous amount--I even sometimes add an additional teaspoon. If you're unsure of the strength of the green curry paste you're using, you can start by adding half the amount, and dissolve more into the soup later on if you want to deepen the taste.