



Just Recipes.

Spicy Curried Shrimp and Noodles with Green Vegetables

Ingredients

Serves 4

For the shrimp

- 1/3 cup [80 ml] orange marmalade
- 1/4 cup [60 ml] orange juice
- 2 tbsp [30 ml] creamy peanut butter
- 1 tbsp [15 ml] Dijon mustard
- 1 1/2 tsp [7.5 ml] Madras curry powder
- 1 tsp [5 ml] vegetable oil
- 1/2 tsp [2.5 ml] each: salt, crushed red pepper, Sriracha sauce
- 32 large shrimp, peeled and deveined (1 lb [450 g])

For the noodles and vegetables

- 7 oz [200 g] dried soba noodles (or any other thin, Asian-style noodle of your choice)
- 2 baby bok choy, quartered
- 1/2 cup [125 ml] chicken broth
- 1/4 cup [60 ml] water
- 1/2 tsp [2.5 ml] Madras curry powder
- 1 tsp [5 ml] Sriracha sauce
- 1 cup [250 ml] green asparagus or green beans, cut in 1-inch [2.5 cm] pieces
- 3 green onions, thinly sliced, white and green parts separated



Method

Marinate the shrimp: Combine the first 9 ingredients (marmalade through Sriracha sauce) in a blender and process until smooth. Reserve 1/4 cup marinade. Place remaining marinade in a large zip-top plastic bag and add the shrimp. Seal and shake to coat. Marinate in refrigerator 30 minutes.

Prepare the noodles and vegetables: Cook the noodles according to the manufacturer's instructions, subtracting 1 minute cooking time (the noodles will cook further in the sauce). Add the chopped asparagus (or green beans) to the boiling water 2 minutes before the end of the cooking time (so that the vegetables cook together with the noodles). Drain the noodles and vegetables and reserve.

In a large pan set over medium-high heat, mix the chicken broth, water, curry powder and Sriracha sauce, then bring to a boil. Lower the heat to medium-low, add the quartered bok choy, cover and steam for 2 minutes. Using tongs, remove the cooked bok choy, place in a plate, cover and keep warm. Mix the reserved 1/4 cup marinade into the liquids that are still in the pan. Bring back to a boil, then add the green onions's white parts as well as the noodles and asparagus. Mix well to coat the noodles with the sauce. Turn off the heat, cover the pan and keep warm until ready to serve.

Cook the shrimp: Preheat the oven's broiler. Coat a grill pan with cooking spray (make sure the pan is oven-proof), or set a rack over a baking sheet covered with aluminum foil, and coat the rack with cooking spray. Remove the shrimp from the marinade (discard used marinade) and place on the grill pan or rack. Cook until the broiler for 3 minutes per side or until the shrimp are done. Serve immediately over the noodles, with the steamed bok choy on the side.

Recipe Credit: Shrimp adapted from Cooking Light Magazine; Noodles and vegetables: Marie Asselin

Photo Credit: Marie Asselin

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