

SHRIMP AND RICE NOODLE STIRFRY

SEAFOOD have a variety of nutrients that contribute to our wellbeing and are also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin and bones.

Generally fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm and their shells should always be translucent, greyish green, light pink or a pinkish tan in colour.

Delicious, healthy, cost effective and easy to prepare as shown in the recipe SHRIMP AND RICE NOODLE STIRFRY below..

PREP TIME: 15 min **COOK TIME:** 15 min **SERVINGS:** 3 – 4

- 225 gm rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snowpeas
- 12 baby carrots sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsps vegetable oil
- 4 -5 tbsps dark soya sauce
- 4 tbsps Green Curry Paste

- 1 tbsp Red chilli flakes

DIRECTION:

Prepare rice noodles in accordance with package instructions, drain and set aside.

Heat 3 tbsps of oil in a wok or skillet, add green onions and saute until they turn a light brown. Add the sliced carrots, red peppoe, broccoli and snow peas and stirfry for about 5 minutes or until tender then add the green curry paste and soya sauce and saute for another 2- 3 minutes. Remove from heat while you cook the shrimp.

In a frying pan or wok heat the remaining oil, add the shrimp and saute for 3 to 4 minutes or until the shrimp turn pink and are no longer translucent.

Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon apetit..

