



Pumpkin-Peanut Curry Noodles with Five-Spice Seared Scallops and Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



805 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons five-spice powder
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 tablespoon curry paste found on international foods aisle hot recommended: Patak's
- ☐ 3 cloves garlic finely chopped
- ☐ 2 inches ginger root minced grated
- ☐ 12 jumbo shrimp deveined peeled
- ☐ 5 tablespoons vegetable oil; peanut oil preferred

- ☐ 15 ounce pumpkin cooked canned
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings salt
- ☐ 4 scallions thinly sliced lengthwise into matchsticks cut into 2-inch pieces, then
- ☐ 12 diver scallops dry trimmed
- ☐ 1 pound pasta like spaghetti
- ☐ 0.3 cup tamari soy sauce dark

Equipment

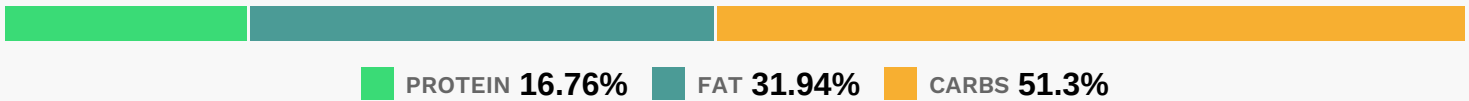
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat a large pot of water for noodles. When water boils, salt it and add pasta to cook to al dente or with a bite to it.
- ☐ While pasta cooks, heat a large, deep skillet over medium heat with 2 tablespoons vegetable or peanut oil.
- ☐ Add garlic, ginger, red bell pepper, and pepper flakes to the pan and cook together a couple of minutes, then add peanut butter and melt it.
- ☐ Whisk soy into peanut butter, then stir in pumpkin and curry paste. The sauce will be very thick. Turn down the heat to low.
- ☐ Add a ladle or 2 of pasta cooking water to thin sauce a bit and simmer over low heat. Adjust salt, to taste.
- ☐ Heat a small to medium skillet over high heat.
- ☐ Pour the five-spice powder onto a plate with some salt. Press both sides of the shrimp and scallops into the powder.
- ☐ Add 3 tablespoons of remaining oil to hot skillet.

- ☐ Place the shrimp in the pan and cook 1 minute, flip and sear the other side until just opaque.
- ☐ Remove shrimp to a plate and set aside.
- ☐ Add another 3 tablespoons of oil to the skillet and heat back up to smoking.
- ☐ Add the scallops and sear on both sides until opaque.
- ☐ Remove scallops and add to the plate of shrimp.
- ☐ Drain pasta and return pasta to the pot.
- ☐ Add the curry-pumpkin sauce and toss thoroughly.
- ☐ Serve noodles on 4 plated and top with scallions and seafood.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:40.07, Inflammation Score:-10, Nutrition Score:36.393478186234%

Flavonoids

Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 804.89kcal (40.24%), Fat: 29.01g (44.64%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 104.88g (34.96%), Net Carbohydrates: 97.64g (35.51%), Sugar: 10.06g (11.18%), Cholesterol: 59.1mg (19.7%), Sodium: 1301.93mg (56.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.5%), Vitamin A: 11374.6IU (227.49%), Selenium: 79.28µg (113.26%), Manganese: 1.72mg (86.14%), Vitamin C: 52.52mg (63.65%), Phosphorus: 589.77mg (58.98%), Vitamin K: 59.2µg (56.38%), Copper: 0.76mg (37.89%), Magnesium: 143.65mg (35.91%), Iron: 5.82mg (32.35%), Vitamin E: 4.75mg (31.69%), Potassium: 1107.48mg (31.64%), Vitamin B3: 6.19mg (30.93%), Fiber: 7.24g (28.94%), Vitamin B6: 0.53mg (26.3%), Zinc: 3.67mg (24.47%), Folate: 83.51µg (20.88%), Vitamin B2: 0.3mg (17.69%), Vitamin B1: 0.24mg (15.71%), Calcium: 139.56mg (13.96%), Vitamin B5: 1.3mg (12.96%), Vitamin B12: 0.63µg (10.58%)