



WHATSheATE



Spicy Shrimp and Coconut Noodle Soup with Shiitake Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pepper dried whole red (such as chile de árbol)
- ☐ 1 tablespoon t brown sugar dark chopped
- ☐ 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup ginger fresh peeled coarsely chopped
- ☐ 4 garlic clove thinly sliced
- ☐ 0.5 cup spring onion thinly sliced

- ☐ 3 kaffir lime leaves
- ☐ 1 lemon grass fresh thick thinly sliced
- ☐ 1 lime cut into 6 wedges
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.5 cup peanuts skinless toasted coarsely chopped
- ☐ 1 large onion red divided halved thinly sliced
- ☐ 9 ounces vermicelli dried
- ☐ 1 tablespoon sesame oil toasted (such as Asian)
- ☐ 10 ounces mushroom caps stemmed sliced
- ☐ 24 large shrimp deveined uncooked peeled cut in half lengthwise, shells reserved
- ☐ 4 cups coconut milk unsweetened canned
- ☐ 2.5 cups vegetable stock
- ☐ 3 tablespoons water

Equipment

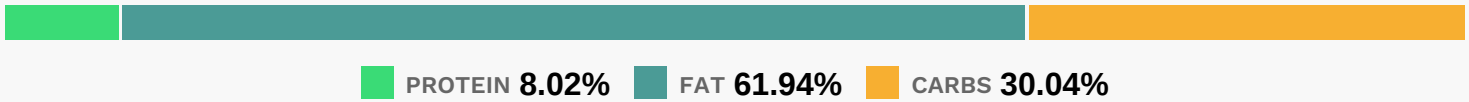
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Place all ingredients in blender. Process until paste forms. Can be made 1 day ahead.
- ☐ Transfer to small bowl, cover, and chill.
- ☐ Heat 2 tablespoons peanut oil in large pot over medium-high heat.
- ☐ Add shrimp shells and cook until pink, stirring often, about 3 minutes.
- ☐ Add spice paste and half of onion; sauté until dry, about 3 minutes.

- ☐ Add fish sauce and sugar; stir until liquid is syrupy, about 2 minutes.
- ☐ Add coconut milk, broth, and mushroom stems. Bring just to boil, then reduce to medium-low, cover, and simmer 30 minutes. Strain soup into large pot, pressing on solids in strainer. Discard solids.
- ☐ Meanwhile, place rice noodles in large heat-resistant bowl.
- ☐ Pour simmering water over to cover noodles; let stand at least 20 minutes to soften, stirring occasionally (noodles can stand in water up to 2 hours).
- ☐ Heat remaining 1 tablespoon peanut oil in large nonstick skillet over medium heat.
- ☐ Add remaining onion and garlic; sauté until brown, stirring frequently, about 13 minutes.
- ☐ Add sesame oil, then sliced mushroom caps. Sauté until mushrooms are soft, about 4 minutes. Bring soup to simmer.
- ☐ Add mushroom mixture, shrimp, peanuts, and lime juice to soup. Simmer until shrimp is opaque, about 2 minutes.
- ☐ Drain noodles; divide among 6 bowls. Ladle soup over noodles, dividing equally.
- ☐ Sprinkle soup with green onions and cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:22.55, Inflammation Score:-7, Nutrition Score:23.581739228705%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 5.71mg, Hesperetin: 5.71mg, Hesperetin: 5.71mg, Hesperetin: 5.71mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 758.05kcal (37.9%), Fat: 54.45g (83.77%), Saturated Fat: 36.34g (227.14%), Carbohydrates: 59.43g (19.81%), Net Carbohydrates: 51.83g (18.85%), Sugar: 10.91g (12.12%), Cholesterol: 50.4mg (16.8%), Sodium:

1202.45mg (52.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.71%), Manganese: 2.27mg (113.35%), Selenium: 32.85µg (46.93%), Phosphorus: 441.28mg (44.13%), Copper: 0.76mg (37.98%), Magnesium: 124.69mg (31.17%), Vitamin B3: 6.11mg (30.54%), Fiber: 7.6g (30.38%), Potassium: 846.78mg (24.19%), Iron: 4.13mg (22.93%), Folate: 85.44µg (21.36%), Vitamin B6: 0.4mg (20.01%), Vitamin K: 20.9µg (19.91%), Vitamin C: 14.86mg (18.01%), Zinc: 2.68mg (17.88%), Vitamin B5: 1.47mg (14.66%), Vitamin E: 2.04mg (13.58%), Vitamin B1: 0.18mg (11.87%), Calcium: 94.11mg (9.41%), Vitamin B2: 0.16mg (9.27%), Vitamin A: 438.04IU (8.76%), Vitamin B12: 0.47µg (7.88%), Vitamin D: 0.23µg (1.53%)