

# Shrimp 'n Scallop Veggie Noodle Bowl

15 ingredients · 40 minutes · 2 servings



## Directions

- VEGGIES:** Place a large frying pan on the stovetop at medium heat. Once hot, add 2 tbsp. of the ghee, along with 1/2 of the garlic, the ginger and shallot. Sauté for a few minutes, until garlic has browned. Then, add the green curry paste, chicken broth and coconut milk and stir. Bring to a medium-heat boil. Add the mirepoix and bok choy. Cover and let simmer, until the veggies are fork-tender and the leafy greens are gently wilted, while moving on to the next step!
- NOODLES:** Bring a medium-sized stock pot of water to boil, as you start to get organized for the next step. Once the water is boiling, cook the noodles according to package instructions. Drain and set aside.
- SEAFOOD:** Place a medium-sized frying pan on the stovetop at medium-high heat. Add the remaining 1 tbsp. of the ghee and let melt. Lightly season the shrimp and scallops with some sea salt and pepper. Add the shrimp and scallops to the frying pan and sear on one side for approx. 3 minutes. Flip the seafood, add the remaining 1/2 the garlic and continue cooking for approx. another 3 minutes. Stir, then set aside.
- TO SERVE:** Divide and plate the noodles amongst two serving bowls. Spoon the veggie mixture onto the plated noodles, followed by the seafood on top. Drizzle the broth overtop. Garnish with basil and green onion. Enjoy!

## Notes

### Garlic

If not wanting to use pre-minced/jarred garlic, mince three fresh cloves instead.

### Ginger

One heaping tbsp. ginger amounts to approx. 1" of fresh root.

### Green Curry Paste

I love 'Mekhala Organic Green Curry Paste' - <https://mekhalaliving.com/product/organic-thai-green-curry-paste/>.

### Organic Chicken Broth

I love using homemade bone broth, but a high-quality store-bought source is also a great option!

## Ingredients

- 3 tbsps** Ghee (organic, divided)
- 1 tbsp** Garlic (minced, divided)
- 1 tbsp** Ginger (heaping, minced)
- 1 tbsp** Shallot (diced)
- 1 tbsp** Green Curry Paste (see Notes below)
- 1/2 cup** Organic Chicken Broth
- 1/2 cup** Canned Coconut Milk (organic, full-fat)
- 1 cup** Mirepoix (fresh or frozen - diced onion, carrot and celery mix)
- 3 cups** Bok Choy (baby-sized, coarsely chopped)
- 2 bunches** Gluten-Free Ramen Noodles (see Notes below)
- Sea Salt & Black Pepper (for seasoning seafood)
- 16** Shrimp (raw, rinsed, patted dry with paper towel)
- 12** Scallops (raw, small-medium, rinsed, patted dry with paper towel)
- 1/4 cup** Basil Leaves (coarsely chopped - for garnish)
- 2 stalks** Green Onion (sliced on an angle - for garnish)

**Gluten-Free Ramen Noodles**

I love the 'Millet and Brown Rice Ramen Noodles' from brand 'Lotus Foods' -  
<https://www.lotusfoods.com/products/organic-millet-brown-rice-ramen-4-ramen-cakes>.

**Leftovers**

This meal is best enjoyed fresh, hence the two generously-sized servings, but any leftovers can certainly be stored in an airtight container in the refrigerator and consumed by the next day.

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