

Sautéés chinese noodles with crunchy vegetables and Maille Dijon mustard black tiger shrimps

Recipe for 4 persons



Description

Chinese noodles with crunchy vegetables and marinated shrimps.

Note

You could replace the shrimps with pork or chicken. To add some crunch, put some roasted peanuts or cashew.

Ingredients

The ingredients

- 24 Unit(s) Peeled medium shrimps
- 400 Gr Soba noodles
- 1 Unit(s) Red pepper
- 1 Unit(s) White onion
- 2 Clove(s) Garlic
- 15 Ml Fresh ginger
- 1 Unit(s) Carrot
- 100 Gr Sprouted soybeans
- 60 Ml Maille dijon mustard
- 15 Ml Light soy sauce
- 8 Sprig(s) Fresh cilantro
- 15 Ml Chili paste (sriracha)
- 5 Ml Curry powder

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **45.00 mins**

The preparations

In a big pot of salty boiling water, cook the noodles, strain it and refresh it. Cut the pepper, the carrot and the onion in thin stripes. Chop the garlic, the ginger and the cilantro. In a bowl, mix the shrimps with the Maille Dijon mustard and the sriracha.

The vegetables

In a hot pan with vegetable oil sauté quickly the carrot, the onion and the pepper, the vegetables must stay crunchy, reserve it.

The noodles

In a hot pan with vegetable oil, sauté the ginger and the garlic, add the shrimps and the soy beans, continue the cooking 2 to 3 minutes. Put the curry powder and the noodles, and sauté it on high heat, finish with the vegetables and shut the heat. Finish with the soy sauce.

The plating

In a bowl plate, plate the noodles by paying attention of the quantity of shrimp and vegetables. Finish with the cilantro.

Bon appétit!