

Vietnamese Style Noodle Bowl



Prep:

5 minutes

Total:

20 minutes

Makes:

1 - 2 servings

Utensil:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

1.5 Qt. Double Walled Bowl

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Recipe:

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2 ounces

rice vermicelli noodles

(57

g)

2 - 3 pieces

fresh ginger, sliced, use Cone #4

1 large

tomato, diced

½ cup

spinach

(15

g)

1 small

zucchini, julienned, use Cone #2

1 small

carrot, shredded, use Cone #1

½ cup

bean sprouts

(17

g)

4 - 5 shrimp, de-veined, shell on

½ tablespoon

nut butter

(8

g)

½ tablespoon

soy sauce or fish sauce (to taste)

(7.5

ml)

½ tablespoon

hoisin sauce

(7.5

ml)

1/4 cup
broth (your choice of vegetable, beef or chicken)
(60
ml)
1 scallion, chopped
1 wedge
lime
4 - 5 leaves
fresh basil, or cilantro (torn)
1 dash
siracha (optional)

Directions:

1. Place noodles in bowl of hot water for 3 - 4 minutes. Remove water once noodles are ready.
2. Preheat pan over medium heat. When several drops of water sprinkled in pan skitter and dissipate, add tomatoes, ginger, carrot, zucchini, shrimp, some mushrooms and noodles.
3. In a small bowl, blend sauces with nut butter and broth. Pour mixture over noodles and add remaining vegetables.
4. Place cover on pan. When Vapo-Valve™ clicks steadily, reduce heat to low and let cook for 10 minutes or until shrimp is no longer translucent.
5. Top with herbs and scallion. Serve in bowl.

Tips:

- Cashew butter, peanut butter or almond butter may be used for this recipe.
- Substitute shrimp with your choice of protein, such as thinly sliced chicken, beef, pork, imitation crab or firm tofu.

Nutritional Information per

▼ Serving

Based on 1 serving

Calories: 381

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 38mg

Sodium: 891mg

Total 70g

Carbs:

Dietary Fiber: 6g

Sugar: 13g

Protein: 17g