

Coconut Curry Shrimp Ramen Bowl

It's relatively simple to make and comes together in under 30 minutes. I did use the package of ramen noodles themselves in this recipe (but got rid of the flavor packets where almost all the sodium comes from). While these noodles aren't super healthy –they're typically fried in oil – we only use 1 block split among multiple servings, so I didn't mind using them in that case. If you'd rather not, you could easily substitute some rice noodles in this soup instead.



- ☐ 1 TB olive oil
- ☐ 1 onion, diced
- ☐ 1 bell pepper, diced
- ☐ 2 cloves garlic, minced
- ☐ 1.5 to 2 TB red curry paste (depending on level of spice you prefer)
- ☐ 2 cups lower sodium chicken broth
- ☐ 15 oz can coconut milk
- ☐ 1 pound large shrimp, peeled and deveined
- ☐ 1 package ramen noodles (flavor packets discarded)
- ☐ 1/2 lime
- ☐ 1/4 cup chopped cilantro

Without Ramen:

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	258
% Daily Value *	
Total Fat	8 g12 %
Saturated Fat	3 g14 %
Monounsaturated Fat	2 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	232 mg77 %
Sodium	986 mg41 %
Potassium	317 mg9 %
Total Carbohydrate	10 g3 %
Dietary Fiber	1 g3 %
Sugars	4 g
Protein	32 g64 %

NOTES:

INSTRUCTIONS:

- ➊ Heat olive oil in stock pot. Add onion and bell pepper and cook for approximately 5-7 minutes, until softened.
- ➋ Stir in garlic and cook for another minute.
- ➌ Add red curry paste. Cook for 1-2 minutes, stirring frequently, until it becomes fragrant.
- ➍ Add chicken stock and coconut milk. Simmer for 5 minutes.
- ➎ Add shrimp to the pot. After 3-4 minutes, add the ramen noodles to the pot as well (just the noodles – toss the flavor packets). Cook for an additional 3-5 minutes, until shrimp is opaque and ramen noodles are soft.
- ➏ Add the juice from ½ of a lime to the pot and garnish with cilantro.

https://www.snackinginsneakers.com/coconut-curry-shrimp-ramen-bowl/#_a5y_p=5822946