

to healthier, happier you

Get ready to a quick and delicious
meal with my Healthy Spring Roll Pasta

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

100g of rice noodles, cooked
175g raw shrimp, peeled and deveined
1 onion, sliced
2 garlic cloves, chopped
1/4 purple cabbage, thinly sliced
1/4 red bell pepper, thinly sliced
1/2 cup scallions, chopped
1 tsp olive oil
1 tbsp tahini
1 tbsp soy sauce
Juice of 1 lime
Scallions and sesame seeds for garnish

INSTRUCTIONS:

Start by prepping the shrimp: heat a pan over medium heat and add 1 tsp of olive oil. once hot, add 1 garlic chopped, toss in the shrimp. Grill for 2-3 minutes on each side until they turn pink and opaque. Set aside.

In the same pan, add the sliced onion and garlic. Sauté for about 2 minutes until they soften. Add the purple cabbage and red bell pepper, stirring frequently. Cook for another 4-5 minutes until the veggies are tender but still vibrant.

Prepare the Sauce: In a small bowl, whisk together the tahini, soy sauce, and lime juice until smooth and creamy, add water if needed.

Add the cooked rice noodles, shrimp and chopped scallions to the pan with the sautéed vegetables. Pour the tahini soy lime sauce over the mixture, tossing everything together until well coated

Transfer the spring roll pasta to a plate, garnish with extra scallions, sesame seeds and a squeeze of lime juice, enjoy!

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