

Hot and Spicy Shrimp and Noodles

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 2

*1 cup fresh orange juice
2/3 cup chicken broth
1/4 cup soy sauce
2 tablespoons grated orange peel
2 teaspoons sugar
2 tablespoons peanut oil
2 small carrots, cut to 1/2-inch pieces
1 Anaheim pepper, seeded and cut into 1/2-inch pieces
1 package (8 ounce) soda noodles
1 tablespoon oil
6 quarter-size pieces peeled fresh ginger, minced
3 green onions, minced
4 cloves garlic, minced
3/4 teaspoon dried red pepper
3/4 pound uncooked shrimp
2 1/2 teaspoons cornstarch
2 teaspoons broth*

In a bowl, combine the orange juice, chicken broth, soy sauce, orange peel and sugar. Set aside.

In a wok or skillet, heat one tablespoon of the oil. Add the carrots, Anaheim pepper and bell pepper. Stir fry over high heat until just tender, 4 minutes. Remove to a bowl. Set aside.

In a bowl, mix the ginger, garlic, onions and pepper.

Heat two tablespoon of the oil in the skillet. Add the shrimp and stir until just barely pink, about 1 minute. Add the orange mixture. Cook for 3 minutes. Add the vegetables and heat.

In a bowl, mix the cornstarch and broth. Pour the cornstarch into the skillet. Stir until it thickens.

In a saucepan, cook the noodles according to package directions. Toss with oil to keep them from sticking together. Place the noodles on a heated platter. Spoon the shrimp over the top. Serve immediately.

(This recipe can be doubled.)

Per Serving (excluding unknown items): 349 Calories; 21g Fat (53.3% calories from fat); 6g Protein; 36g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2341mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 1 Fruit; 4 Fat; 1/2 Other Carbohydrates.