



Asian-Inspired Recipes

Gabriela Suazo

Contents

Shrimp & Broccoli Stir Fry	3
Honey Chicken	6
Roasted Carrot & Broccoli	7
Kung Pao Spaghetti	8
Thai Shrimp Soup.....	9
Crab Rangoon Dip	10
Slow Cooker Teriyaki Chicken & Rice.....	11
Steak Roll Ups.....	12
Salmon In Foil.....	14
Pork Ginger Potstickers	15
Slow Cooker Korean Beef.....	16
Thai Chicken	17
Garlic Noodles	18
Teriyaki Salmon & Broccoli Bowls	19

SHRIMP & BROCCOLI STIR FRY

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 pounds medium shrimp, peeled and deveined
- 5 cups broccoli florets
- 1 teaspoon sesame seeds
- 1 green onion, thinly sliced

FOR THE SAUCE

- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon brown sugar, packed
- 1 tablespoon freshly grated ginger
- 2 cloves garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 teaspoon Sriracha, optional

Makes:



Prep: 10 min

Cook: 10 min

Total: 20 min



Directions:

1. In a small bowl, whisk together soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, if using; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes. Add broccoli, and cook, stirring frequently, until tender, about 2-3 minutes.
3. Stir in soy sauce mixture until well combined and slightly thickened, about 1-2 minutes.
4. Serve immediately, garnished with sesame seeds and green onion, if desired.



TERIYAKI CHICKEN NOODLE BOWLS

Makes:



Prep: 1 hr

Cook: 10 min

Total: 1 hr 10 min

Ingredients:

- 2 (5.6-ounce) packages refrigerated Yaki-Soba, seasoning sauce packets discarded
- 1 tablespoon cornstarch
- 1/3 cup reduced sodium soy sauce
- 1/4 cup brown sugar, packed
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 2 tablespoons honey
- 1 pound boneless, skinless chicken thighs, cut into 1-inch chunks
- 1 tablespoon olive oil
- 1 teaspoon sesame seeds
- 1 green onion, thinly sliced

Directions:

1. In a large pot of boiling water, add Yaki-Soba until loosened, about 1-2 minutes; drain well.
2. In a small bowl, whisk together cornstarch and 1/4 cup water; set aside.
3. In a small saucepan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey and 1 cup water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature. Reserve 1/4 cup and set aside.
4. In a gallon size Ziploc bag or large bowl, combine soy sauce mixture and chicken; marinate for at least 30 minutes to overnight, turning the bag occasionally. Drain the chicken from the marinade.
5. Heat olive oil in a large skillet over medium heat. Add chicken and cook until golden brown and cooked through, about 3-4 minutes; set aside.
6. Stir in Yaki-Soba and 1/4 cup reserved soy sauce mixture until well combined, about 2 minutes.
7. Serve immediately, garnished with sesame seeds and green onion, if desired.

HONEY CHICKEN

Ingredients:

- 1/2 cup vegetable oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- 1 cup all-purpose flour
- 1 cup buttermilk

FOR THE SAUCE

- 1 tablespoon cornstarch
- 1/2 cup honey
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon crushed red pepper flakes, or more, to taste

Directions:

1. Heat vegetable oil in a large skillet over medium high heat.
2. Working one at a time, dredge chicken in flour, dip into buttermilk, then dredge in flour again, pressing to coat.
3. Working in batches, add chicken to the skillet, 3 or 4 at a time, and cook until evenly golden and crispy, about 2 minutes on each side. Transfer to a paper towel-lined plate.
4. In a small bowl, combine cornstarch and 1 tablespoon water; set aside.
5. In a small saucepan over medium high heat, combine honey, soy sauce, apple cider vinegar, sesame oil and red pepper flakes. Bring to a boil; reduce heat and stir in cornstarch mixture until slightly thickened, about 2-3 minutes; set aside.
6. Serve chicken immediately, drizzled with honey glaze

Makes:



Prep: 15 min

Cook: 15 min

Total: 30 min



ROASTED CARROTS & BROCCOLI

Ingredients:

- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon brown sugar, packed
- 2 teaspoons sesame oil
- 1 teaspoon rice vinegar
- 1 teaspoon Sriracha, or more, to taste
- 16 ounces baby peeled carrots
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 3 cups broccoli florets
- 2 teaspoons sesame seeds

Directions:

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and Sriracha; set aside.
3. Place carrots in a single layer onto the prepared baking sheet. Drizzle with olive oil and sprinkle with garlic.
4. Place into oven and bake for 20-25 minutes, or until tender. Stir in broccoli during the last 7-10 minutes of cooking time.
5. Stir in soy sauce mixture and gently toss to combine.
6. Serve immediately, garnished with sesame seeds, if desired.

Makes:



Prep: 5 min

Cook: 25 min

Total: 30 min



KUNG PAO SPAGHETTI

Ingredients:

- 1 pound spaghetti
- 2 tablespoons vegetable oil
- 3 boneless, skinless thin-sliced chicken breasts
- Kosher salt and freshly ground black pepper, to taste
- 4 cloves garlic, minced
- 1/2 cup dry roasted peanuts
- 2 green onions, thinly sliced

FOR THE SAUCE

- 1/2 cup reduced sodium soy sauce
- 1/2 cup chicken broth
- 1/2 cup dry sherry
- 2 tablespoons red chili paste with garlic, or more, to taste
- 1/4 cup sugar
- 2 tablespoons red wine vinegar
- 2 tablespoons cornstarch
- 1 tablespoon sesame oil

Makes:



Prep: 10 min

Cook: 20 min

Total: 30 min



Directions:

1. In a small bowl, whisk together soy sauce, chicken broth, dry sherry, red chili paste, sugar, red wine vinegar, cornstarch and sesame oil; set aside.
2. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
3. Heat vegetable oil in a large skillet over medium high heat. Season chicken breasts with salt and pepper, to taste. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces; set aside.
4. Add garlic to the skillet and cook, stirring constantly, until fragrant, about 1 minute. Stir in soy sauce mixture and bring to a boil; reduce heat and simmer until thickened, about 1-2 minutes. Stir in pasta, chicken, peanuts and green onions.
5. Serve immediately.

THAI SHRIMP SOUP

Makes:



Ingredients:

- 1 cup uncooked basmati rice
- 2 tablespoons unsalted butter
- 1 pound medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- 1 red bell pepper, diced
- 1 tablespoon freshly grated ginger
- 2 tablespoon red curry paste
- 1 (12-ounce) can unsweetened coconut milk
- 3 cups vegetable stock
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

Prep: 10 min

Cook: 20 min

Total: 30 min

Directions:

1. In a large saucepan of 1 1 / 2 cups water, cook rice according to package instructions; set aside.
2. Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
3. Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.
4. Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes.
5. Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes.
6. Stir in rice, shrimp, lime juice and cilantro.
7. Serve immediately.

CRAB RANGOON DIP

Makes:



Ingredients:

- 1 (12-ounce) package 2-inch won ton wrappers, halved diagonally
- 8 ounces cream cheese, at room temperature
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 12 ounces lump crab meat
- 1 cup shredded Black Creek Sharp White Cheddar Cheese, divided
- 1/4 cup freshly grated Parmesan cheese
- 3 green onions, thinly sliced
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon Sriracha, optional
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste

Prep: 10 min

Cook: 30 min

Total: 40 min

Directions:

1. Preheat oven to 350 degrees F.
2. Place won ton wrappers onto a baking sheet; coat with nonstick spray. Place into oven and bake until golden brown and crisp, about 5-6 minutes; let cool and set aside.
3. Preheat oven to 425 degrees F. Lightly coat a 9-inch baking dish with nonstick spray.
4. In a large bowl, combine cream cheese, mayonnaise and sour cream. Stir in crab meat, 1/2 cup white cheddar cheese, Parmesan, green onions, Worcestershire, soy sauce, sesame oil, Sriracha and garlic powder; season with salt and pepper, to taste.
5. Spread crab mixture into the prepared baking dish; sprinkle with remaining 1/2 cup white cheddar cheese.
6. Place into oven and bake until bubbly and golden, about 20-25 minutes.
7. Serve immediately with won ton wrappers.

SLOW COOKER TERIYAKI CHICKEN & RICE

Ingredients:

- 2 tablespoons olive oil
- 2 pounds ground chicken
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 onion, diced
- 1 (8-ounce) can diced water chestnuts, drained
- 2 cups cooked rice
- 3/4 cup teriyaki sauce, homemade or store-bought
- 2 heads butter lettuce
- 2 green onions, thinly sliced
- 1 teaspoon sesame seeds

Directions:

1. Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
2. Place ground chicken, bell peppers, onion, water chestnuts and rice into a 6-qt slow cooker. Stir in teriyaki sauce.
3. Cover and cook on low heat for 3-4 hours or high heat for 1-2 hours.
4. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style, garnished with green onions and sesame seeds, if desired.

Makes:



Prep: 15 min

Cook: 4 hr 5 min

Total: 4 hr 20 min



STEAK ROLL UPS

Prep: 20 min

Cook: 10 min

Total: 30 min

Makes:



Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 8 ounces asparagus, trimmed
- 2 carrots, peeled and cut into matchsticks
- 1 red bell pepper, cut into matchsticks
- 1 zucchini, cut into matchsticks
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds thin-sliced sirloin or top round steak
- 2 tablespoons chopped fresh cilantro leaves
- 1 teaspoon sesame seeds

FOR THE MARINADE

- 1/2 cup reduced sodium soy sauce
- 1/4 cup brown sugar, packed
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 teaspoon sesame oil
- 1 teaspoon Sriracha, optional



Prep: 10 min

Cook: 20 min

Total: 30 min

Ingredients:

- 1/4 cup honey
- 3 cloves garlic, minced
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon freshly grated ginger
- 1 teaspoon Sriracha, optional
- Freshly ground black pepper, to taste
- 2 pounds salmon
- 2 green onions, thinly sliced
- 1/2 teaspoon sesame seeds

Makes:



Directions:

1. Preheat oven to 375 degrees F. Line a baking sheet with foil.
2. In a small bowl, whisk together honey, garlic, soy sauce, rice vinegar, sesame oil, ginger, Sriracha and pepper, to taste.
3. Place salmon onto the prepared baking sheet and fold up all 4 sides of the foil. Spoon the honey mixture over the salmon. Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.
4. Place into oven and bake until cooked through, about 15-20 minutes. Open the packet and broil for 2-3 minutes, or until caramelized and slightly charred.
5. Serve immediately, garnished with green onions and sesame seeds, if desired.

SALMON IN FOIL



PORK GINGER POTSTICKERS

Ingredients:

- 1 pound ground pork
- 1 cup shredded green cabbage
- 3 ounces shiitake mushrooms, diced
- 1 carrot, peeled and shredded
- 2 cloves garlic, pressed
- 1 green onion, thinly sliced
- 2 tablespoons freshly grated ginger
- 2 tablespoons reduced sodium soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon rice vinegar
- 1/4 teaspoon white pepper
- 40 won ton wrappers
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce

Makes:



Prep: 20 min

Cook: 10 min

Total: 30 min



Directions:

1. In a large bowl, combine pork, cabbage, mushrooms, carrot, garlic, green onion, ginger, soy sauce, sesame oil, rice vinegar and white pepper.*
2. To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the pork mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.*
3. Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and crisp, about 2-3 minutes per side.
4. Serve immediately with soy sauce, if desired.

SLOW COOKER KOREAN BEEF

Ingredients:

- 1 cup beef broth
- 1/2 cup reduced sodium soy sauce
- 1/2 cup brown sugar, packed
- 4 cloves garlic, minced
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 teaspoon Sriracha, or more, to taste
- 1/2 teaspoon onion powder
- 1/2 teaspoon white pepper
- 3 pound boneless beef chuck roast, cut into 1-inch cubes
- 2 tablespoons cornstarch
- 1 teaspoon sesame seeds
- 2 green onions, thinly sliced

Makes:



Prep: 10 min

Cook: 8 hr 30 min

Total: 8 hr 40 min

Directions:

1. In a large bowl, whisk together beef broth, soy sauce, brown sugar, garlic, sesame oil, rice wine vinegar, ginger, Sriracha, onion powder and white pepper.
2. Place chuck roast into a 6-qt slow cooker. Stir in beef broth mixture until well combined.
3. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
4. In a small bowl, whisk together cornstarch and 1/4 cup water. Stir in mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until the sauce has thickened.
5. Serve immediately, garnished with green onions and sesame seeds, if desired.

THAI CHICKEN

Makes:



Prep: 20 min

Cook: 10 min

Total: 30 min

Ingredients:

- 2 tablespoons unsalted butter
- 8 bone-in, skin-on chicken thighs
- 1/4 cup peanuts, chopped
- 2 tablespoons chopped fresh cilantro leaves

FOR THE SAUCE

- 1/2 cup sweet chili sauce
- 2 tablespoons reduced sodium soy sauce
- 2 cloves garlic, minced
- 1 tablespoon fish sauce
- 1 tablespoon freshly grated ginger
- Juice of 1 lime
- 1 teaspoon Sriracha, or more, to taste

Directions:

1. Preheat oven to 400 degrees F.
2. To make the sauce, whisk together chili sauce, soy sauce, garlic, fish sauce, ginger, lime juice and Sriracha in a small bowl; set aside.
3. Melt butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side. Stir in chili sauce mixture.
4. Place into oven and roast until completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes. Then broil for 2-3 minutes, or until caramelized and slightly charred.
5. Serve immediately, garnished with peanuts and cilantro, if desired.



GARLIC NOODLES

Prep: 15 min

Cook: 15 min

Total: 30 min

Ingredients:

- 8 ounces spaghetti
- 12 ounces medium shrimp, peeled and deveined
- 1 tablespoon olive oil
- 8 ounces cremini mushrooms, sliced
- 1 red bell pepper, diced
- 2 zucchinis, diced
- 1 carrot, grated
- 2 tablespoons chopped fresh cilantro leaves

FOR THE SAUCE

- 1/3 cup reduced sodium soy sauce
- 3 cloves, garlic, minced
- 2 tablespoons brown sugar, packed
- 1 tablespoon sambal oelek (ground fresh chile paste), or more, to taste

Makes:



Directions:

1. In a small bowl, whisk together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil; set aside.
2. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
3. Heat olive oil in a large skillet over medium high heat. Add shrimp and 2 tablespoons soy sauce mixture, and cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
4. Stir in mushrooms, bell pepper, zucchinis and carrot to the skillet. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in spaghetti, shrimp and remaining soy sauce mixture until well combined, about 2-3 minutes.
5. Serve immediately, garnished with cilantro, if desired.

TERIYAKI SALMON & BROCCOLI BOWLS

Prep: 15 min

Cook: 25 min

Total: 40 min



Makes:



Ingredients:

- 1 cup white rice
- 1 tablespoon cornstarch
- 1/4 cup reduced sodium soy sauce
- 1/4 cup brown sugar, packed
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 2 tablespoons honey
- 4 (5-ounce) salmon fillets 1
- 2 ounces broccoli florets, about 2-3 cups

Directions:

1. In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; set aside.
2. In a small bowl, whisk together cornstarch and 1/4 cup water; set aside.
3. In a small saucepan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey and 1 cup water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature.
4. Preheat oven to 400 degrees F. Lightly coat an 8x8 baking dish with nonstick spray.
5. Place salmon filets along with the soy sauce mixture into the prepared baking dish and bake until the fish flakes easily with a fork, about 14-15 minutes.
6. Place broccoli florets into a steamer or colander set over a pan of boiling water. Cover and steam for 5 mins, or until cooked through and vibrant green.
7. Serve salmon immediately with rice and broccoli.

