

wholeliving



body+soul

Papaya, Shrimp, and Soba Salad

Prep: 30 minutes Total: 30 minutes

If you decide to make this dish ahead of time, add the final papaya and cilantro just before serving.

Per serving: 630 calories; 34 g protein; 26 g fat; 68 g carbs; 7 g fiber.

INGREDIENTS

Serves 4.

Coarse salt and ground pepper

8 ounces soba noodles

1/3 cup tamarind concentrate

2 tablespoons light-brown sugar

1/4 cup light olive oil

1 tablespoon fresh lime juice

1/2 teaspoon cayenne pepper

1 cup fresh cilantro leaves, plus more for garnish

1 small red onion, halved and thinly sliced about 3 minutes.

1 papaya (about 1 pound), peeled, seeds removed, quartered lengthwise, and thinly sliced crosswise

1/2 cup salted peanuts, coarsely chopped

3 cloves garlic, thinly sliced

1 pound large shrimp, peeled and deveined

1/2 teaspoon ground coriander

DIRECTIONS

1. In a large pot of rapidly boiling salted water, cook soba noodles until al dente according to package instructions; drain.

2. Meanwhile, in a large bowl, whisk together tamarind, sugar, 2 tablespoons oil, lime juice, and cayenne. Add drained noodles, cilantro, onion, half the papaya, and all but 3 tablespoons of the peanuts; season with salt and pepper and toss to combine.

3. In a large skillet, heat the remaining 2 tablespoons oil over low. Add garlic and cook until golden brown on both sides, about 5 minutes total. Remove garlic chips and set aside on a paper towel. Raise heat to medium-high; add shrimp, sprinkle with coriander, salt, and pepper, and cook, tossing occasionally, until shrimp are just cooked through, about 3 minutes.

4. To serve, divide noodles and shrimp evenly among four large bowls; top each serving with remaining papaya, peanuts, garlic chips, and cilantro.

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