



EASY COCONUT CURRY UDON { Dairy-free, Gluten-free option }

Recipe serves 4.

GLUTEN-FREE SUBSTITUTE: for a gluten-free version of this noodle bowl, substitute the udon with rice noodles. It tastes equally amazing in this soup!

MAKE IN ADVANCE: I use homemade chicken bone broth in all my soups. You can find my bone broth recipe [here](#). I make a big batch at a time and freeze them in glass jars and also some in a silicon ice cube tray with those massive 1/2 cup capacities ever since I bought one similar to [this](#). It's very handy to have around for noodle soup bowl like this in a jiffy.

NOTE: Although I enjoyed this as a lunch on my own, I scaled up the recipe below to 4 full servings. It's easily divisible by 2 or 4 if you want half the portion or just enough for 1 person, respectively. See, that's why we learned math in school :)

INGREDIENTS

For the soup:

- 1 tsp coconut oil or neutral oil of choice
- 1 stalk lemongrass, lower 4" and outer layer removed if it's hard
- 1/8 tsp ground turmeric powder
- 1/2 tsp curry powder
- 6 C chicken broth, homemade unsalted or low sodium if store-bought
- 1 C coconut milk
- 1/2 tsp kosher salt (use LESS if using store-bought chicken broth containing salt)

For assembling the bowls:

- 2 lbs (1 kg) frozen udon noodles, boiled according to package directions
- 1 C frozen corn kernels



12 shrimp, deshelled and patted dry

12 scallops, patted dry

1 bunch asparagus, wooden stems removed (or other green veggie of your choice)

METHOD

1. Put a large pot of water to boil for cooking the udon. Preheat a cast iron skillet over medium to medium-high heat for searing the shrimp, scallops and asparagus.
2. Heat a second 10 Cup / 2.5 Quart pot over medium heat. Give the lemongrass a few good bashes with the flat side of your knife to release its aromatics. Put coconut oil (or any oil of your choosing) into the pot and toss the lemongrass in it to further release its flavors. Move it about for say, 10-15 seconds. Add the turmeric and curry powders, scraping it with a wooden spoon or spatula in the oil so it doesn't burn. Add the bone broth and coconut milk. Season with salt. [Note: I used 1/2 tsp of kosher salt (Diamond Crystal brand) but you will need to adjust based on your type of salt and whether your broth is already salted or not (my broth was completely unsalted).] Mix it to incorporate well and allow the soup to come to a gentle boil. The soup is done. Easy right? Turn down to a gentle simmer as you are completing the other steps.
3. In the preheated skillet, add a touch of oil and sear the shrimp and scallops. Make sure you have patted them dry with paper towels. Sear them in batches if needed in order to not crowd the pan. Overcrowding will result in steaming rather than searing. Shrimp takes about 2 minutes per side, or until pink, opaque and curled. Scallops take about the same time or a bit longer especially if like me, you prefer them well done. Season with salt and pepper on both sides. Set aside.
4. [Note: after making this many times, I've decided to toss the asparagus straight into the soup the same time as the frozen corn kernels, until heated through. Save the step of sautéing!] Into the same pan, adding a tiny bit more oil if needed, sauté the asparagus, rolling them around intermittently for even cooking on all sides, until desired tenderness. Season with a bit of salt to taste. While waiting for the asparagus to cook, you can put the frozen corn kernels directly into the hot broth to warm it though, making sure the broth returns to a simmer before serving.
5. In the pot of water which should be at a boil, cook the udon according to package directions. My brand of udon cooks in a mere 1 minute from frozen. Drain and divide among the 4 serving bowls.
6. To serve, divide the seared shrimp, scallops and asparagus amongst the bowls. Ladle the hot soup with corn kernels over each portion. Discard lemongrass as you come across it. Serve immediately while hot.

Enjoy! xx