



Red Thai Curry Noodle Soup with Shrimp Balls { gluten free, dairy free }

Recipe serves 4.

INGREDIENTS

For the pan-fried Shrimp Balls:

1 egg, separated white and yolk

1lb (454g) raw in-shell shrimp, defrosted, peeled and deveined (or ~255g peeled shrimp)

1 green onion, rough chopped

1 piece 1/3" (~5g) nub of ginger, grated on microplane or fine minced

1 tsp kosher salt

2 tbsp arrowroot starch

Avocado oil or oil of choice for pan-frying

For the Veggies (feel free to use any veggies you enjoy!):

2 Asian (thin, long) eggplants, halved lengthwise

3/4lb (340g) baby Shanghai bok choy (green stem) or regular baby bok choy (white stem)

1lb (454g) mix of enoki and oyster mushrooms

For the Red Thai Curry Noodles:

350-400g dried rice sticks, soaked in cool tap water 15-20 minutes and drained

2 small shallots, minced



1/2" knob ginger, grated on microplane or very fine minced OR just cut into several slices and pull out before serving

2 garlic cloves, minced

4-5 [PC Black Label Kefir Lime Leaves](#)

2 tbsp red Thai curry paste

1 tbsp tomato paste

4 cups chicken or vegetable broth, homemade or good quality store-bought low sodium broth

1 14oz-can full fat coconut milk

For serving:

Fresh cilantro, lime wedges

METHOD

Prepare the shrimp balls:

Whisk the egg white until foamy. Set aside.

Place the egg yolk, peeled shrimp, chopped green onion, grated ginger, arrowroot starch and salt into a food processor and pulse until the shrimp is almost a puree but you can still see the odd small chunk (for texture). (If you don't have a food processor, first finely chop the shrimp and green onion with a knife and then mix everything else in by hand.) Add half the whisked white first and mix well. Check consistency if you are easily able to roll the mixture into a ball. Add a little bit more egg white at a time only if needed to get to a chunky paste that is easily rolled but not too wet that it will fall apart later when pan-frying.



Shape them into balls, approximately 1.5 tablespoons of paste per ball, into 12 equal sized balls.

Heat a large Dutch oven (or other heavy-bottomed pot) over medium heat. Once heated, add 3 tablespoons or so of oil. In batches, start pan-frying the shrimp balls about 2-3 minutes on each side. The outside should be slightly golden while the inside is opaque all the way through (check one if unsure). Add oil as needed so the shrimp balls do not stick. Set them aside.

Prep Veggies (feel free to use any veggies you enjoy!):

Preheat oven to 450f. Place eggplant halves cut-side down onto a parchment-lined baking sheet. Bake for 20 minutes. Once cool to touch, cut into 3/4" chunks cross-wise. Set aside.

For the bok choy, trim the end very slightly only if it is thick. Otherwise I like to keep the base intact. Pull off any wilted leaves and discard those. Wash the leaves well and especially where the leaves join up at the base. If the bundles are on the larger side, cut them lengthwise into halves or even quarters. Drain and set aside.

For the red Thai curry noodle soup:

Reduce the heat slightly below medium heat under the same Dutch oven you just used to pan-fry the shrimp balls. Add a drizzle of oil and saute the shallots, ginger and garlic (along with a tiny pinch of salt) until fragrant and shallots are softened and beginning to caramelize - a couple of minutes. Make sure to scrape and loosen any bits from pan-frying the shrimp - lots of flavor in those bits! Add the [PC Black Label Kefir Lime](#) Leaves and saute 2 minutes more. Next, add in curry paste and tomato paste. Allow the pastes to brown a little bit to fully develop their flavors. Pour the broth in and scrape any bits again. Bring to a simmer. Taste the soup! Depending on the amount of salt already in your broth, add any additional salt to your taste. You'll want the broth to taste slightly "too salty" because you will be adding vegetables and a whole lot of plain rice noodles which you are also flavoring for. I use homemade broth which is completely salt-free, so for me, I add about 2 tsp kosher salt at this point.

Add the bok choy into the soup and simmer until stems are nearly all the way tender. Add the mushrooms now too, and the drained rice noodles and simmer according to noodle package directions, or until tender but still has some chewiness not mushy. Mine takes only a few minutes of boiling.



Finally, without boiling it, stir in the coconut milk. Taste the broth a final time to make sure it is to your liking. Add the shrimp balls and eggplant pieces on top, making sure everything is submerged while you bring it all gently up to scalding temperature. Make sure not to boil vigorously. High heat boiling will cause the coconut milk to curdle. Once everything is just heated through, divide amongst the four bowls and serve with fresh cilantro and a lime wedge. If you come across a kefir lime leave in the pot or at the bottom of your noodle bowl, just discard it. They have done their job and are not meant to be eaten.

Enjoy!