



Garlic Shrimp and Asparagus Noodle Bowl

INGREDIENTS

Dressing

- $\frac{1}{2}$ cup **rice wine vinegar or rice vinegar**
- $\frac{1}{4}$ cup **toasted or regular sesame oil**
- **1 zest of lime**
- 3 tbsp **fresh lime juice**
- 2 tbsp **mirin rice wine**
- 2 tbsp **less sodium soy sauce**

Noodle Bowl

- $\frac{2}{3}$ lb **large black tiger shrimps, peeled and washed**
- 12 **asparagus spears, trimmed and cut into 1-inch (2.5 cm) pieces**
- 3 **cloves garlic, minced**
- 2 tbsp **olive oil**
- **1 zest of lemon**
- 1 tbsp **fresh lemon juice**
- $\frac{1}{4}$ tsp **EACH salt & pepper**
- $\frac{1}{2}$ pkg **rice vermicelli noodles, prepared according to package directions**

- 4 **soft-cooked eggs, peeled and halved**
- 1 **avocado, peeled and sliced**
- ½ cup **sliced green onion**
- **black sesame seeds for garnish**

• **DESCRIPTION**

- Try to resist this colourful bowl filled with sliced avocado, crispy asparagus, garlic shrimp and hard-cooked eggs. It's an irresistible mix of veggies and proteins!
- **Instructions**
- Dressing: In a small bowl, whisk together rice wine vinegar, sesame oil, lime zest and juice, mirin and soy sauce; set aside.
- Noodle Bowl: In a medium bowl, coat shrimp and asparagus in garlic, olive oil, lemon zest and juice, salt and pepper. Heat a large skillet, over medium-high heat, add shrimp mixture and cook, stirring often, for 6 to 7 minutes or until shrimp are cooked.
- Divide cooked noodles, eggs, sliced avocado and shrimp mixture between four bowls. Sprinkle with green onions and black sesame seeds. Drizzle with dressing.
- **Tip**: You can substitute the mirin rice wine for 2 tbsp (30 mL) white wine and 1 tsp (5 mL) sugar.
- Brought to you by: [Egg Farmers of Ontario](#)