

Garlic Sweet Potato Noodles with Shrimp

Ingredients

Makes 4 servings

- 2 Large sweet potato spiralized into noodles. (Use the potatoes that are orange or purple on the inside. If you don't have a spiralizer then use a potato peeler to make long thin strips. Cut the strips in half length wise to create flat noodle type strips)
- 20 medium shrimp: raw, peeled, deveined, without head and tails
- 2 or 3 tablespoons minced garlic
- 2 teaspoons minced ginger
- ½ small chopped scallion
- 3 tablespoons of butter
- 3 tablespoon olive oil
- 1 tablespoon of each: oyster sauce, fish sauce, ponzu sauce
- ½ tablespoon Worcestershire
- ¾ cup freshly grated parmesan cheese
- 1 red jalapeno deseeded and sliced thinly
- 1/8 teaspoon of each seasoning salt or old bay seasoning, garlic powder, onion powder, freshly ground black pepper
- 1 teaspoon Italian seasoning
- ¼ cup fresh cilantro leaves and or parsley leaves
- 6 dried shitake mushrooms (Place mushrooms in a bowl and cover with hot water and let rehydrate. When soft, gently squeeze water out and cut into thin slices)

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Directions:

- In a bowl combine all sauces: Oyster, fish sauce, ponzu and Worcestershire, the minced ginger and sliced jalapenos. Stir together well and set aside.
- **Prepare shrimp:** Place rinsed and cleaned shrimp in a bowl and pat dry. Coat and season with 1 teaspoon of olive oil, all of the powdered and the dry seasonings. Massage seasonings and oil into shrimp until thoroughly coated. In a lightly oiled pan (½ tablespoon of oil, ½ tablespoon butter) over medium heat place shrimp in, spread out in one layer. Sauté for about 2 or 3 minutes each side until browned and almost done and then remove from heat and set aside in a bowl.
- **Prepare mushrooms:** In the same pan that you used for the shrimp (no need to wash it) just add bit more oil and sauté your mushrooms for about 4 minutes. Season with a pinch of seasoning salt and black pepper. Take a spatula and continuously stir mushrooms as they release water, scraping all the bits of left-over seasonings and shrimp from pan. Remove mushrooms from heat and set aside.
- In a clean pan over very low heat, add 2 ½ tablespoons of butter and 1 tablespoon of olive oil. Add all the minced garlic let sauté lightly while you are constantly stirring it. Do not walk away. Stir for about 2 minutes. You do not want the garlic brown or burn. Just heat gently in the butter while its bubbling.
- Then add the liquid mixture of sauces and turn up the heat to medium low. Stir everything together until combined.
- Add in sweet potato noodles and toss until evenly coated- about 2 or 3 minutes. Spirals will soften but still have a little crunch. If you prefer it softer then cook a bit longer.
- Then add in shrimp and mushrooms and a sprinkle of scallions and toss everything together for another 2 minutes to finish cooking shrimp and heat mushrooms again. Turn off heat and add parmesan cheese. Gently incorporate cheese in. Then toss with cilantro and parsley.

Note: You can make substitutions: Use all mushrooms and veggies instead of shrimp. Use vegan butter and or butter flavored coconut oil. Instead of the sauces use 1 tablespoon of soy sauce and 1 tablespoon of teriyaki sauce instead of oyster and fish sauce. Or use coconut aminos and vegetarian oyster sauce

