

Chard with Shrimp and Mango

Chard with an Asian flair is served with shrimp and fresh mango tonight. The sauce is accented with mint and basil while sliced water chestnuts add additional snap to each savory bite. The greens are served over the ever-versatile quinoa and topped off with toasted almond slices. Tasty dining awaits.

Preparation Time: 45 minutes - Serves: 2

Organize Your Ingredients!

Prep and organize ingredients so they are easy to add. You'll simply have more fun cooking when you work in an organized fashion. Prep 2 cloves chopped garlic tonight: 1 for the Marinated Shrimp and 1 for the Sautéed Greens.

Quinoa

1 C. dry quinoa
plus
2 C. water
(Use 2/3 C. cooked quinoa per diner)

Sautéed Greens

2 tsp. sesame oil
3/4 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce
2 T. rice wine vinegar
1/2 tsp. fresh grated ginger
1 clove garlic (smashed and chopped)
1/3 C. onion (chopped)
1 bunch chard (washed - stems and leaves chopped separately) * See notes on chard in "What I've Learned from this Recipe" at the end of instructions.
1 tsp. fresh mint (chopped)
2 T. fresh basil (chopped)
1 C. fresh mango (chopped)

Marinated Shrimp

8-10 large frozen raw shrimp (thawed)
2 tsp. canola oil
Marinade:
1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1/4 C. low-sodium vegetable broth
2 T. lime juice
1/2 tsp. Asian pepper sauce
1 tsp. low-sodium soy sauce

Garnish

3 T. sliced almonds (toasted)

Let's Prepare, Cook, and Plate This!

Basic Assembly Information

Start by putting the quinoa on to cook and marinating the shrimp. If you need to thaw frozen shrimp quickly, simply place them in a colander and rinse with cold water periodically for about 10 minutes.

Cook Quinoa

1. Put quinoa and water in medium saucepan.
2. Bring to a hard boil.
3. Turn off heat, cover and leave on burner. Quinoa will be ready in 20 minutes.

Marinated Shrimp

1. Thaw shrimp.
2. Measure marinade ingredients into a medium-sized bowl. Stir well and add shrimp to the bowl. Let stand for 10 minutes.

Shrimp and Sautéed Greens

Shrimp:

Lift shrimp from marinade with a perforated spoon. Using a small sauté pan, toss shrimp over medium-high heat in canola oil until shrimp turn pink. It will only take a couple of minutes per side. Pour 1/4 C. of the marinade over shrimp and toss about 1 minute. Set aside.

Sautéed Greens:

1. Measure oil, broth, soy sauce, vinegar and ginger into a large, heavy-bottomed kettle. Bring to a boil and add garlic, onion and chard stems.
2. Reduce heat to medium and cook stems mixture for 12 minutes.
3. Toss in chopped chard leaves, mint and basil. Add more broth if needed.
4. Add 1/2 of the chopped mango and toss about 2 minutes.

Plate the Meal

Using a soup ladle, shape 2/3 C. cooked quinoa into a dome and place on the center of each serving plate.

Divide greens mixture evenly over and around the quinoa.

Arrange remaining fresh mango over the top of servings.

Fan cooked shrimp over the top of the greens and garnish with toasted almonds.

What I've Learned from this Recipe

Don't forget that chard stems are nutritious too, and are an important element of the meal. The stems just need a little more time to cook. Cut the stems away from the leaves and chop them. Stems are perfectly cooked in about 12 minutes. While the stems cook, stack and roll the leaves. Cut rolled leaves into 1/2" slices. Lightly chop the slices. The leaves only need about 3 minutes to cook.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com