



THE ingles TABLE

with Lindsay Moore
Thai Shrimp Reset Bowl

Shopping List

For the Peanut Dressing:

- 2 Tbsp Peanut Butter
- 2 Tbsp Grape Seed Oil
- 1 Tbsp Honey
- ½ Tbsp Soy Sauce
- 3 tsp Rice Vinegar
- 2 tsp Sesame Oil

For the shrimp:

- 1 lb Shrimp, peeled
- 1 Tbsp Honey
- 3 Cloves Garlic, mashed
- 1 Tbsp Ginger, grated
- 2 tsp Sesame Oil
- 1 tsp Kosher Salt

For the Salad:

- 1 package Baby Kale, chopped
- 1 Cup Carrots, sliced
- 1 Red Bell Pepper, diced
- 2 Cups Edamame, shelled and cooked
- ¼ Cup Peanuts, chopped
- ¼ Cup Scallions

Toppings:

- Wonton Strips, Chopped Fresh Cilantro

Cooking Instructions

1) In a small bowl, whisk together all ingredients for the dressing until smooth and creamy. Set aside.

2) In a medium bowl, combine shrimp, honey, garlic, ginger and sesame oil and allow to marinate while you toss the salad.

3) In a large bowl, combine kale, carrots, bell pepper, edamame, peanuts and scallions. Toss with dressing, and set aside.

4) Preheat skillet to medium. Add shrimp, and saute for about 2 minutes on each side, or until shrimp is no longer translucent.

5) Divide salad mixture among plates and top each with shrimp -- plus wonton strips and cilantro, if using. Enjoy!

