

Fish and Noodle Stew

Courtesy of Carole's Creations

Prep Time: 10 minutes

Marinade time : 20 minutes

Cooking Time: 10 minutes

Serves: 4

CChints: You can buy your shrimp frozen in 1 to 2 pound bags and take what you need out of the freezer and save the rest for the next recipe. It only takes about 20 minutes to thaw them in a bowl of cool water.



1/4 cup thin sliced yellow, sweet onion
1 teaspoon sugar or sugar substitute
3 Tablespoon fish sauce
1 teaspoons salt, divided
1/2 teaspoon fresh black pepper, divided
8 ounces peeled and deveined medium to large shrimp
6 ounce skinless cod filet, cut into 1 inch pieces
6 - 7 cups chopped bok choy, bite-size pieces (Green parts and part of the white parts)
3 green onions, green parts sliced into 1/2 inch pieces
2 teaspoons olive oil
3 ounce package of Ramen noodles – Shrimp flavor
2 cups water
2 teaspoons Ponzu sauce or lite soy sauce, divided
1 cup frozen peas
1/2 cup chopped, packed fresh cilantro leaves and stems
8 ounce can sliced water chestnuts, drained

Marinade:

Combine the onions through Ponzu sauce fish sauce and half of the salt and pepper into a large sealable bag. Add the shrimp and fish and seal the bag. Refrigerate for 20 minutes, turning half way through the process to make sure everything gets coated.

During this time, do a little clean up and continue your prep work. Slice the bok choy thin and cut the green onions and put into a large bowl.

In a wok or large skillet or dutch oven, add the oil and heat over medium heat. By now the marinade time should just about be over. When the oil is hot add the contents of the marinade bag and cook 3-4 minutes until the shrimp is done. Remove the shrimp from the pan and set aside.

Slowly add the water to the pan and increase the heat slightly bringing the water to a boil. Add Ponzu sauce and peas for 1 minute. Then add the noodles, breaking them apart and seasoning package. Add the bok choy, green onions and reduce the heat to medium and stir occasionally for 1 minute. Stir in the cilantro, water chestnuts and shrimp, stir for 1 minute. Remove the pan from the heat.

Spoon the stew into soup bowls and enjoy.