



Shrimp & Napa Cabbage Bowl

By Chef Veera Gaul, Ph.D.



Ingredients

1 cup uncooked long grain brown rice
2 cups vegetable stock (or water)
1 teaspoon Extra Virgin Olive Oil
½ teaspoon salt
1 lb medium or large shrimp (peeled and deveined)
¾ teaspoon ground coriander
½ teaspoon ground ginger
¼ teaspoon allspice
1 teaspoon garlic powder
1/8 teaspoon red chili flakes
1 ½ tablespoon Roasted Sesame Oil (more to drizzle)
4 cups coarsely shredded Napa cabbage
½ cup thinly sliced spring onions (white and light green parts)
1 red or orange pepper sliced
½ cup edamame
½ cup O&V [Roasted Sesame Dressing](#) *
1 tablespoon Asian Chili Garlic sauce (optional for heat)
½ cup dry roasted peanuts, chopped
Lime wedges and cilantro or parsley leaves
Crushed red pepper and low sodium soy sauce (optional)

Preparation

Rinse the rice in cool water and let drain in a strainer. In a small saucepan, warm the Extra Virgin Olive oil. Add the rice and toast a little till fragrant and nutty, Add the water, and stir in the salt. Bring to a boil, then reduce the heat to low, cover and let simmer

undisturbed for 45 minutes. Open to check, there should be little to no water remaining, and the rice should be chewy not crunchy. Add a tablespoon of water or let cook a little longer as needed. When done, remove from the heat, keep cover on and let stand for 10-15 minutes. Then open cover and fluff with a fork.

Meanwhile, rinse the shrimp, pat dry and place in a bowl. Sprinkle the shrimp with coriander, ginger, allspice, garlic powder and red chili flakes. Toss to coat.

In a large nonstick skillet or wok, heat the Roasted Sesame oil over medium-high heat. Add shrimp, cook and stir for 3-4 minutes till shrimp are opaque. Remove from pan and keep warm. Add the sliced green onions, sliced peppers and Napa cabbage and toss till crisp tender – about 3 minutes, stirring frequently.

In a bowl, combine the Roasted Sesame Dressing and Asian chili garlic sauce if using.

Divide each of the following between 4 bowls: cabbage mixture, topped with rice, shrimp, edamame, and then drizzled with the sauce.

Garnish with crushed dry roasted peanuts, lime wedges, cilantro leaves, and serve with chili flakes and low sodium soy sauce on the side to be added to taste.

Total Time: 50 minutes
4-6 servings

Notes

Yes, as always, I love using the products from our [Oil & Vinegar franchise](#). This [Roasted Sesame Dressing](#) is an easy and great sauce for this dish, and for others. You can substitute it by making a similar sauce as follows:

½ cup creamy peanut butter
¼ cup reduced sodium soy sauce
3 tablespoons tahini
1 tablespoon rice vinegar
¾ teaspoon Asian Chili Garlic sauce or Sriracha Sauce (more to taste)
1 tablespoon honey
1 tablespoon chopped fresh ginger
2-3 garlic cloves
1 teaspoon Roasted Sesame Oil
½ teaspoon toasted white and black sesame seeds
Add a little vegetable stock or water to thin out if needed.

In a blender combine the soy sauce with the peanut butter, tahini, rice vinegar, chili-garlic sauce, honey, ginger, garlic and sesame oil. Puree to create a smooth sauce. Season to taste, and stir in the toasted sesame seeds.

Categories: Entrees, Seafood, Gluten-Free, Dairy-Free, Napa Cabbage, Stir Fry, Asian-Inspired, Roasted Sesame, Sesame Oil, Shrimp, Edamame, Brown Rice, Roasted Sesame Dressing, 20-Minute Meal, Weeknight Dinner