

# 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 clove for the marinated shrimp and 1 clove for the sautéed greens.

### Quinoa

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

### Marinated Shrimp

8-10 large frozen raw shrimp

#### Marinade:

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

### Sautéed Greens

2 tsp. sesame oil  
3/4 C. low-sodium vegetable broth  
1 tsp. low-sodium soy sauce  
2 T. rice wine vinegar  
½ tsp. fresh grated ginger  
1 clove garlic (smashed and chopped)  
1/3 C. onion (chopped)  
1 bunch chard (washed - stems and leaves chopped separately)  
1 tsp. fresh mint (chopped)  
2 T. fresh basil (chopped)  
  
1 C. fresh mango (chopped)

### 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 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.

### 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:

### Cook Shrimp and Sautéed Greens

Lift shrimp from marinade with a perforated spoon. Toss over medium-high heat with 1 tsp. sesame oil in a small oiled sauté pan. Cook until shrimp turn bright pink. Pour 1/4 C. of the marinade mixture over shrimp. Toss until liquid is almost gone. 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 chopped stems.
2. Reduce heat to medium and cook stems mixture for 10 minutes.
3. Toss in chopped leaves from greens, mint and basil. Add more liquid 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 the chard stems are nutritious too. They just need a little more time to cook. That's why I cut the stems away from the leaves, chop them and bring them to the heat first with the onions and garlic. They're perfectly cooked after about 10 minutes of cooking time.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)