

## One-Spoon Stir-Fry with Shrimp, Asparagus, and Snap Peas

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This is “Thai food” reduced to its easiest form, with flavors reminiscent of true yellow Thai curry but none of the techniques or ingredients that can make the process tiresome. I call it “one spoon” because according to Spoon Theory, you sometimes only have one spoon’s worth of energy to use on dinner (and I think this applies to everyone, not just those with Lupus). This an easy one for me, as long as I have someone to help me open that *frustrating* Thai chili paste jar. Serve it over brown or white rice, or rice noodles.

I used one teaspoon yellow Thai chili paste, but you could use red or green, also. Look for it in the Asian food aisle of your grocery store.

TIME: 20 minutes

MAKES: 2 generous servings

3/4 pound raw large shrimp, peeled and deveined (you can ask your fishmonger to do this, plus remove the tails, if you don’t want to hassle with them while you eat)

1/2 pound (about 1/2 bunch) asparagus, trimmed and cut into 2” pieces

1/2 pound sugar snap peas

2 tablespoons vegetable oil

Salt and freshly ground pepper

1/2 teaspoon to 2 teaspoons yellow Thai chili paste

1 (14-ounce) can light coconut milk

1/4 cup roughly chopped fresh cilantro (optional)

Place shrimp, asparagus, and snow peas in a large mixing bowl. Drizzle oil over all the ingredients, season with salt and pepper, and toss to coat. Set aside.

In another bowl, whisk the curry paste together with about 2 tablespoons of the coconut milk until all the lumps disappear. Whisk in the remaining coconut milk, and set aside.

Heat a large skillet over medium-high heat. When hot, add the shrimp and vegetable mixture, and cook for 3 minutes, stirring, until the shrimp have begun to curl and are almost all pink on the outsides. Add the coconut milk mixture, increase heat to high, and simmer 3 more minutes, stirring occasionally. Stir in the cilantro (or just plop it on top of each bowl, like I did) and serve over rice or rice noodles.