

# Lemongrass Shrimp

*with Soba Noodles & Chinese Broccoli*

Lemongrass is an ancient herb from Southeast Asia used for a variety of purposes the world over. Interestingly, it repels most insects but attracts bees, and is known throughout the Philippines and Indonesia as a beekeeper's friend. In this recipe, the bright citrusy notes of this exotic herb pair beautifully with shrimp and buckwheat soba noodles.



## Ingredients

- 6 Ounces Chinese Broccoli
- 3 Scallions
- 2 Cloves Garlic
- 2 Stalks Lemongrass
- 1-Inch Piece Ginger
- 5½ Ounces Soba Noodles
- 10 Ounces Shrimp
- 2 Tablespoons Oyster Sauce
- 1 Lime
- 1 Tablespoon Sesame Oil
- 2 Tablespoons Soy Sauce

Makes 2 Servings  
About 560 Calories Per Serving



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Recipe #2

# Instructions



1

## Prepare your ingredients:

Heat a large pot of water to boiling on high. Wash and dry the fresh produce. Chop the Chinese broccoli into bite-sized pieces. Slice the scallions. Peel and mince the garlic and ginger. Cut off the ends of the lemongrass stalks, then peel away the fibrous outer layers until you reach the white, pliable cores. Mince the lemongrass cores.



2

## Cook the soba noodles:

Add the **soba noodles** to the boiling water. Cook about 6 to 8 minutes, or until tender. Drain thoroughly.



3

## Cook the shrimp:

While the soba noodles cook, heat some oil in a large pan on medium-high until hot. Add the **garlic, lemongrass, ginger, shrimp, and half the scallions**. Cook 1 to 2 minutes, stirring until the shrimp are pink.



4

## Add the Chinese broccoli:

Add the **Chinese broccoli** and cook 1 to 2 minutes, or until bright green. Remove from the heat.



5

## Add the soba noodles:

Add the **drained soba noodles, oyster sauce, sesame oil, soy sauce, and the juice of half the lime**. Stir about 1 minute to coat everything in the sauce.



6

## Plate your dish:

Divide the noodles with shrimp and vegetables between 2 bowls. Garnish each with the **remaining scallions**. Serve with lime wedges. Enjoy!