

# Teriyaki Shrimp & Vegetable Stir-fry



*A fast, flavorful, and flexible way to enjoy your favorite vegetables!*

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	20 MIN	45 MIN

## INGREDIENTS

1 lb	Shrimp, raw, peeled and deveined
2 tsp, <u>divided</u>	Toasted Sesame or Olive Oil
1 medium	Onion, medium strips
1 medium	Bell Pepper, medium strips
1 head (2 cups)	Broccoli, small florets
1 medium	Carrot, cut on the bias into ¼" thick rounds or half moons
1 cup	Peas or Edamame (shelled), frozen
2 cloves	Garlic, minced

### *Teriyaki Sauce:*

3 Tbsp	Rice Vinegar, unseasoned
2 Tbsp	Soy Sauce, reduced-sodium
1 Tbsp	Brown Sugar
1 tsp	Toasted Sesame Oil
1 tsp (1 inch)	Ginger, fresh, peeled and grated or finely minced
¼ tsp	Red Pepper Flakes

### *Slurry:*

½ cup	Water, cold
1 Tbsp	Corn Starch

## CHEF'S NOTES

Top with sesame seeds or unsalted, toasted nuts for added texture and flavor.

Slurries are a fast and easy way to thicken a sauce without having to make a roux or add any fat to the dish.

Using frozen or pre-cut vegetables will make this recipe come together even faster. Try with pan-seared tofu, chicken, or any leftover proteins for different variety.

This is perfect served over our Simmered Quinoa & Brown Rice recipe.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large sauté pan, heat 1 tsp of oil over medium heat. Once hot, place the shrimp in the pan. Cook the shrimp on the first side until it turns pink halfway up the side and is no longer translucent, about 1-2 minutes. Flip the shrimp over and cook them on the second side until they are pink through the center, about 2-3 minutes. Remove the shrimp to a plate or bowl and set aside.
3. Add the remaining 1 tsp of oil to the same pan. Once hot, add the onion and bell pepper. Stir occasionally, until the onions are translucent, and both the onion and bell pepper begin to brown slightly and soften, about 2-4 minutes.
4. Add the broccoli and carrot to the pan and continue to cook until both are bright colored (light green and dark orange) and steam releases, about 5-8 minutes. If the broccoli does not soften, add ½-1 cup of water to the pan and cover. The steam will help the vegetables cook quicker.

5. While the vegetables are cooking, in a small bowl, mix the vinegar, soy sauce, sugar, oil, ginger, and red pepper flakes and set aside.
6. Once the vegetables are fork-tender, remove the cover. Add the peas (or edamame) and garlic to the pan and continue to cook until bright green, about 1 minute. Add the sauce to the pan and allow for the flavors to develop and the sauce to thicken, about 1-2 minutes.
7. In a small bowl, mix the water and corn starch until smooth with no lumps. Pour the slurry into the hot pan. Stir well and turn off the heat. The residual heat from the stove will thicken the slurry and create a thick, glossy sauce.
8. Add the reserved shrimp back to the pan of vegetables and mix until combined. Serve over your favorite grain.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving Size</b>	<b>1 1/4 cup (314 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value *</b>
<b>Total Fat 5g</b>	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat 0g</i>	
<b>Cholesterol 140mg</b>	<b>47%</b>
<b>Sodium 580mg</b>	<b>25%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein 24g</b>	<b>48%</b>
Vitamin D 0mcg	0%
Calcium 50mg	3%
Iron 2mg	10%
Potassium 300mg	7%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe adapted from *Health meets Food*: "Shrimp & Vegetable Stir Fry" (11/30/17)

