

Shrimp and Vegetable Stir Fry

Recipe quantity: 6 cups | Servings: 6 | Prep time: 10 minutes | Cook time: 15 minutes

Ingredients:

1 lb shrimp
1 cup snow peas
1 cup baby bella mushrooms,
sliced
1 red bell pepper, diced
2 carrots, chopped
2 Tbsp rice vinegar
2 Tbsp soy sauce
1 Tbsp avocado oil
1 Tbsp butter, unsalted
2 Tbsp green onions
1 Tbsp sesame seeds
2 cloves garlic, minced
1 tsp ginger, minced
Salt and pepper to taste

Directions:

1. In a large pan over medium heat, heat the butter until melted.
2. Add the shrimp, salt, and pepper, then stir. Cook for 5 minutes, stirring occasionally, until the shrimp are cooked through and light pink. Remove the shrimp from the pan and set aside.
3. In the same pan over medium-high heat, add the avocado oil. Once hot, add the vegetables and seasonings: snow peas, mushrooms, bell pepper, carrots, tamari, and rice vinegar.
4. Cook for another 7 – 10 minutes until the vegetables are cooked.
5. Add the garlic and ginger, then mix well.
6. Add the shrimp back to the pan and stir to combine with the other ingredients.
7. Garnish with chopped green onions and sesame seeds before serving. Enjoy!