

**RECIPE**

# Shrimp Stir-Fry

15 MINUTES / SERVES: 1

**PLUMP SHRIMP SIZZLE** in toasted sesame oil, meeting ginger and garlic in this fragrant dinner dish. Edamame and bell peppers join the party, all glazed with a savory coconut amino over fresh brown rice.

**THIS PROTEIN BOWL** packs 21g of protein and 6g of fiber for a complete meal that tastes like take-out but fuels you as whole foods should. It's one of my favorites for good reason!

**INGREDIENTS**

- 2** **tsp** **toasted sesame oil, divided**
- 4** **oz** **raw peeled and deveined shrimp**
- 1** **garlic clove, minced**
- 1** **tsp** **finely grated peeled fresh ginger**
- 1** **cup** **frozen stir-fry vegetables**
- 1/4** **cup** **shelled edamame**
- 2** **tbsp** **coconut aminos**
- 1/2** **cup** **cooked brown rice**

**INSTRUCTIONS**

- 1 HEAT** 1 tsp oil in a medium skillet over medium- high. Add shrimp and cook until opaque in center, 1-2 minutes per side. Transfer to a plate.
- 2 ADD** remaining 1 tsp oil to skillet. Add garlic and ginger; stir for 30 seconds. Add vegetables and edamame and stir until vegetables are heated through, 2-4 minutes, adding a splash of water if sticking to pan.
- 3 STIR** in aminos.
- 4 SERVE** over rice.

**NUTRITIONAL INFO PER SERVING**

CALORIES  
**376**

PROTEIN  
**21g**

FIBER  
**6g**