

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
- ¼ cup shelled edamame
- 2 tbsp coconut aminos
- ½ 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