

## Shrimp and Snow Peas



### Makes:

4 servings

### Utensil:

5 Qt./4.7 L Gourmet Wok with Cover

**Rate** ★★☆☆☆

### Recipe:

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1½ pounds  
raw shrimp

(680

g)

½ pound  
fresh snow peas

(230

g)

10 green onions, sliced  
2 tablespoons

sherry

(30

mL)

5 tablespoons

lite soy sauce

(75

mL)

1 tablespoon

cornstarch

(8

g)

### Directions:

1. Shell and de-vein shrimp. Remove ends and strings from snow peas.
2. Preheat wok on medium-high heat. When several drops of water sprinkled on pan skitter and dissipate, add shrimp and stir-fry for 5 minutes until pink in color.
3. Add snow peas and green onions. Cover and cook for 5 minutes. Reduce heat to low.
4. In a small bowl, mix together sherry, soy sauce and cornstarch. Add to wok stirring constantly.
5. Season to taste and serve.

### Tips:

- May be served over rice or noodles.

[Nutritional Information per](#)

[Serving](#)

**Calories:** 247  
**Total Fat:** 3g  
**Saturated Fat:** 1g  
**Cholesterol:** 259mg  
**Sodium:** 1011mg  
**Total** 13g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 4g  
**Protein:** 38g

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