

## Shrimp Stir-Fry



### Prep:

5 minutes

### Total:

30 minutes

### Makes:

8 servings

### Utensil:

6 Qt. Tureen Plus (Limited Edition) Complete Gourmet Collection  
Saladmaster Food Processor

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### Contributed By:

Diana Valenciano  
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### Recipe Description:

Take-out is a thing of the past with the 6 Qt. Tureen Plus. Creating family size batches of stir-fry is simple and ready in less than 30

minutes in Saladmaster. That's faster than ordering and getting take-out delivered!

<sup>1</sup>?<sub>2</sub>

head

green cabbage, sliced, use Cone #4

3

medium

carrots, strung, use Cone #2

1

medium

yellow onion, strung, use Cone #2

8

mushrooms, sliced, use Cone

2

cups

fresh broccoli florets, washed

1

cup

baby corn

4

cloves

garlic, shredded, use Cone #1

16

oz

rice noodles

1

tbsp

toasted sesame oil

2-3

tbsp

low-sodium soy sauce

1

tbsp

ground ginger

<sup>1</sup>?<sub>2</sub>

tbsp

lemon juice

32

oz

vegetable stock

1

lb

fresh shrimp, shelled and deveined

green onions, garnish

### Directions:

1. Add the onions, carrots, cabbage, noodles, corn, mushrooms, broccoli, seasonings and vegetable stock.

Cover. When Vapo-Valve? begins to click steadily turn heat to low and cook for 10 minutes.

2. Add sesame oil, soy sauce, shrimp and green onions. Combine ingredients and cover. Cook for an additional 5 minutes or until shrimp has turned pink and is fully cooked.
3. Garnish with extra green onions, if desired.

Nutritional Information per Serving

**Calories:**

213

**Total Fat:**

3g

**Saturated Fat:**

0g

**Cholesterol:**

11mg

**Sodium:**

270mg

**Total Carbs:**

25g

**Dietary Fiber:**

4g

**Sugar:**

6g

**Protein:**

5g