

Spicy Marinated Shrimp



Makes:

6 servings, when used as the main dinner dish

Utensil:

5 Qt./4.7 L Gourmet Wok with Cover

large mixing bowl

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Recipe Description:

Quick, easy, elegant and simply scrumptious! When served as an appetizer this is a mouth-watering departure from the normal shrimp cocktail. As a main dish this will bring a real chef's flair to any meal.

3
cloves
garlic, minced

1/3
cup
olive oil
(80
mL)

1/4
cup
tomato sauce
(60
g)

1/4
cup
chili sauce
(68
g)

2
tablespoons
red wine vinegar
(30
mL)
2
tablespoons
fresh basil, chopped
(5
g)
¹/₂
teaspoon
cayenne pepper
(2.5
mL)
2
pounds
shrimp, raw with tail, peeled and deveined
(900
g)

Directions:

1. In a large bowl stir together garlic, olive oil, tomato sauce, chili sauce, red wine vinegar, basil, salt and cayenne pepper. Blend well.
2. Add shrimp to bowl and stir gently until coated. Cover and refrigerate for at least 30 minutes.
3. Preheat wok over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place shrimp and marinade into wok. Allow shrimp to cook, gently turning, approximately 4 minutes. Shrimp will turn from gray to pink. Do not overcook. Can be served hot or cold.

Tips:

- When stir-frying shrimp do so gently so as not to disturb the intactness of the shrimp.
- You can use fresh or frozen shrimp and they can be purchased already peeled and deveined.

Nutritional Information per Serving

Calories:

277

Total Fat:

15g

Saturated Fat:

2g

Cholesterol:

230mg

Sodium:

721mg

Total Carbs:

4g

Dietary Fiber:

1g

Sugar:

1g

Protein:

31g