

Spicy Shrimp and Broccoli on Pasta



Makes:

4 servings

Utensil:

7 Qt./6.6 L Wok with Cover

small mixing bowl

medium mixing bowl

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Recipe:

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Recipe Description:

Everyone loves pasta and this low-calorie main dish adds the unusual twist of shrimp and broccoli to bring extra nutrition to your table. Tasty and easy.

1 ½ pounds
shrimp, medium, peeled and deveined

(680
g)

2 tablespoons
green chili peppers, finely chopped

(30
g)

2 tablespoons
dry sherry

(30
mL)

1 ½ teaspoons
paprika

(8
g)

½ teaspoon
red pepper flakes

(2.5
mL)

4 cloves
garlic, minced

⅓ cup
water

(80
mL)

¼ cup
chili sauce

(60
mL)

2 teaspoons
cornstarch

(5

g)
2 teaspoons
sugar
(8
g)
 $\frac{1}{2}$ teaspoon
salt
(3
g)
3 cups
broccoli florets
(215
g)
8 ounces, about 4 cups
cooked vermicelli or soba
(230
g)

Directions:

1. Combine the first 6 ingredients, through garlic, in a medium bowl. Cover and chill for at least 1 hour.
2. Combine water, chili sauce, cornstarch, sugar and salt in a small bowl and set aside.
3. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate add broccoli and stir-fry until tender-crisp, approximately 4 minutes.
4. Add shrimp mixture and continue to stir-fry until shrimp is cooked, approximately 3 minutes and shrimp is pink.
5. Add cornstarch mixture and stir until sauce thickens, approximately 2 minutes. Serve hot over pasta.

Tips:

- You can substitute rice for noodles.
- You can purchase shrimp already peeled and deveined.

Nutritional Information per

▼ Serving

Calories: 452
Total Fat: 7g
Saturated Fat: 1g
Cholesterol: 305mg
Sodium: 705mg
Total 51g
Carbs:
Dietary Fiber: 3g
Sugar: 3g
Protein: 44g