

## Sweet & Spicy Red Chili Shrimp Sauté



### Makes:

4 - 6 servings

### Utensil:

Saladmaster Food Processor

10" Chef's Gourmet Skillet

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Shrimp Sauté 5/5

### Contributed By:

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### Recipe Description:

Red chili paste and hot sauce pair perfectly to flavor a quick week night meal. Buy shelled and deveined shrimp to save on time and add in a few frozen vegetables for convenience.

Use the 11 in. Skillet cover with your 10 in. Chef's Gourmet Skillet.

1  
pound  
shrimp, peeled, deveined and chopped into large pieces  
(454  
g)

1  
medium  
onion, strung, use Cone #2

2  
sweet peppers, julienned, use Cone #2

10

ounces  
frozen mixed sliced mushrooms  
(284  
g)  
5  
ounces  
baby spinach, cleaned  
(142  
g)  
2  
tablespoons  
roasted red chili paste  
(33  
g)  
 $\frac{1}{2}$   
cup  
fish or chicken stock  
(120  
ml)  
2  
tablespoons  
rice vinegar  
(30  
ml)  
1  
tablespoon  
arrowroot or organic cornstarch  
(8  
g)  
a few dashes hot sauce

### **Directions:**

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet sizzle and dissipate, add shrimp. Sauté for 2 - 3 minutes, until cooked through and firm. Remove from skillet and set aside.
2. Add onions and peppers. Sauté for 3 - 4 minutes until softened, stirring occasionally.
3. Add mushrooms, stir to combine and sauté for 4 - 5 minutes.
4. Place baby spinach on top of sautéed vegetables and add shrimp over top, spreading them out over the spinach.
5. Place cover on skillet. When Vapo-Valve? begins to click steadily, reduce heat to low and cook for 2 minutes.
6. In a small bowl mix together chili paste, stock, vinegar, arrowroot and hot sauce. Stir thoroughly to combine.
7. Remove cover and pour sauce over shrimp and vegetables, using a spoon to carefully stir sauce into vegetables and shrimp. Cook an additional 1 - 2 minutes, until sauce is thickened.

8. Taste and adjust seasonings as needed, adding more hot sauce or a pinch of salt.
9. Serve as is or with rice, couscous or over thin rice noodles.

**Tips:**

- Substitute shrimp for cubed firm fleshed fish or chicken.
- Many fish markets sell house made fish stock. Freeze fish stock into small ½ - 1 cup portion sizes to use when making a quick sauce.
- Slice and freeze extra peppers and onions when using your Saladmaster Food Processor so they are handy for quick meals.

Nutritional Information per Serving

**Calories:**

176

**Total Fat:**

4g

**Saturated Fat:**

1g

**Cholesterol:**

146mg

**Sodium:**

790mg

**Total Carbs:**

19g

**Dietary Fiber:**

4g

**Sugar:**

7g

**Protein:**

21g