

Zucchini & Shrimp Stir-Fry



Makes:

4 - 1.5 cup servings

Utensil:

12" Chef's Gourmet Skillet

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Recipe:

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Recipe Description:

Who doesn't like a good stir-fry? No need to order take out, we have you covered! This recipe is fast, simple and jam-packed with flavor without all the fat and carbs of regular stir-fry's. Easy to make and all in your 12" Chef's Gourmet Skillet!

- 1/2 cup
chicken or vegetable stock
(118 ml)
- 1/4 cup
hoisin sauce
(64 g)
- 1 tbsp
soy sauce
(16 g)
- 2 tsp

cornstarch
 (5
 g)
 3 cloves
 garlic, minced
 1 tsp
 fresh ginger, minced
 1 lb
 jumbo shrimp, shelled and deveined
 (1/2
 kg)
 2 medium
 bell peppers, red & yellow, sliced
 2 carrots, shredded, use Cone #1
 2/3 cup
 red onion, sliced, use Cone #3
 1 cup
 snow peas
 (135
 g)
 2 medium
 zucchini, cut into noodles/spiralized
 1 green onion, sliced, for garnish
 1 tbsp
 sesame seeds, for garnish
 salt and pepper (optional)

Directions:

1. Preheat skillet over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. Add onions to the skillet and saute until they become translucent.
3. Add shrimp, salt and pepper (optional) and saute until the shrimp turns slightly pink, approximately 3 mins.
4. Remove shrimp and onions from the skillet and place in a bowl.
5. Add bell pepper, carrots and snow peas to skillet. Place cover on skillet and cook for 5 mins. When Vapo-Valve™ begins to click steadily, reduce heat to low.
6. While vegetables are cooking, combine the chicken/vegetable stock hoisin sauce, soy sauce and corn starch into a small bowl and whisk until combined to make the sauce.
7. Add the sauce to the vegetables and stir until the sauce thickens.
8. Add the cooked shrimp and the zoodles (zucchini noodles) and combine. Place cover on skillet and cook for 5 mins until zucchini is cooked through.
9. Serve and garnish with green onions and sesame seeds.

Nutritional Information per

▼ Serving

Calories: 222
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 130mg
Sodium: 826mg
Total 22g
Carbs:
Dietary Fiber: 5g
Sugar: 9g
Protein: 20g