

# Shrimp Stir Fry

## Ingredients

- 1 pound jumbo shrimp (peeled and deveined)
- 2 garlic cloves, minced
- 1/4 cup low-sodium soy sauce or coconut aminos
- 3 tablespoons honey
- 2 teaspoons fresh minced ginger (I buy the frozen cubes at trader joes)
- 2 tablespoons olive oil divided
- A bag of snap peas
- 1 red bell pepper thinly sliced
- 1 carrot, shredded
- 2 cups broccoli florets (I buy pre chopped to save time)

## Directions

1. Place the shrimp in a resealable bag or medium bowl.
2. Make the marinade: In a liquid measuring cup, mix together the garlic, ginger, 1 TBS olive oil, honey, and soy sauce.
3. Pour marinade on the shrimp, massaging through the bag or stirring to coat. Marinate the shrimp in the refrigerator for 15 minutes.
4. While shrimp marinates, chop veggies. You can do any combo you like! I did a red bell pepper, pre-cut broccoli florets, a bag snap peas, and 1 large carrot shredded.
5. In a medium pan, heat the 1 TBS olive oil over medium heat. Add bell pepper and broccoli to the pan and sauté for 3-4 minutes. Add snap peas and continue to sauté for 3-4 minutes. Add shredded carrots and cook for additional minute. Move veggies to one side of the pan and add shrimp to empty side.
6. Cook shrimp on each side for 3 minutes, or until opaque and just firm.
7. Mix shrimp and veggies together and add the left over marinade to the skillet. Cook together for 4-5 minutes. Top with sesame seeds if desired.
8. Enjoy!

MADE WITH LOVE

by Teresa Forchand