

Sweet & Spicy Red Chili Shrimp Sauté



Sirve:

4 - 6 servings

Pieza:

Saladmaster Food Processor
10" Chef's Gourmet Skillet

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

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

Preparación :

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter 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.

Consejos:

- 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.

Información nutricional por ración

Calorías: 176
Grasa Total: 4g
Grasa 1g
Saturada:
Colesterol: 146mg
Sodio: 790mg
Carbohidratos: 19g
Fibra 4g
Dietética:
Azúcar: 7g
Proteína: 21g