

Zucchini & Shrimp Stir-Fry



Sirve:

4 - 1.5 cup servings

Pieza:

12" Chef's Gourmet Skillet

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

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)

Preparación :

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.

Información nutricional por ración

Calorías: 222
Grasa Total: 4g
Grasa 1g
Saturada:
Colesterol: 130mg
Sodio: 826mg
Carbohidratos: 22g
Fibra 5g
Dietética:
Azúcar: 9g
Proteína: 20g