

Shrimp Stir-Fry



Prep:

5 minutes

Total:

30 minutes

Sirve:

8 servings

Pieza:

6 Qt. Tureen Plus (Limited Edition) Complete Gourmet Collection
Saladmaster Food Processor

Valora: ★★★★★

Contribuido por:

Diana Valenciano

[Agregar un Comentario](#)

Descripción de la Receta:

Take-out is a thing of the past with the 6 Qt. Tureen Plus. Creating family size batches of stir-fry is simple and ready in less than 30 minutes in Saladmaster. That's faster than ordering and getting take-out delivered!

1/2 head
 green cabbage, sliced, use Cone #4
 3 medium
 carrots, strung, use Cone #2
 1 medium
 yellow onion, strung, use Cone #2
 8 mushrooms, sliced, use Cone
 2 cups
 fresh broccoli florets, washed
 1 cup
 baby corn
 4 cloves
 garlic, shredded, use Cone #1
 16 oz
 rice noodles
 1 tbsp
 toasted sesame oil
 2-3 tbsp
 low-sodium soy sauce
 1 tbsp
 ground ginger
 1/2 tbsp
 lemon juice
 32 oz
 vegetable stock
 1 lb
 fresh shrimp, shelled and deveined
 green onions, garnish

Preparación :

1. Add the onions, carrots, cabbage, noodles, corn, mushrooms, broccoli, seasonings and vegetable stock. Cover. When Vapo-Valve™ begins to click steadily turn heat to low and cook for 10 minutes.
2. Add sesame oil, soy sauce, shrimp and green onions. Combine ingredients and cover. Cook for an additional 5 minutes or until shrimp has turned pink and is fully cooked.
3. Garnish with extra green onions, if desired.

Información nutricional por ración

Calorías: 213
Grasa Total: 3g
Grasa 0g
Saturada:
Colesterol: 11mg
Sodio: 270mg
Carbohidratos: 25g
Fibra 4g
Dietética:

Azúcar: 6g
Proteína: 5g
