

Zucchini and Shrimp Stir Fry

Ingredients

chicken or vegetable broth 1/2 cup
hoisin sauce 1/4 cup
lower sodium soy sauce 1 tbsp
corn starch or arrowroot powder 2 tsp
garlic (minced) 3 clove
fresh ginger (minced) 1 tsp
jumbo shrimp (shelled and deveined)
1 lbs red onion (sliced)
2/3 cup red and/or yellow bell pepper (sliced)
2 carrots (shredded) 2
snow peas 1 cup
zucchini (cut into noodles/spiralized) 2
green onion (sliced) 1
sesame seeds 1 tbsp

Directions

Prepare the sauce: combine the broth, hoisin sauce, soy sauce, corn starch, garlic, and ginger in a small bowl and whisk until well mixed. Set aside.

1

Heat oil in a large skillet or wok over medium high heat. Add onions to the pan and saute until they become translucent. Add shrimp and saute until the shrimp turn slightly pink, approximately 3 minutes. Remove shrimp and onions from the pan and place in a bowl.

2

3 Add bell pepper, carrots, and snow peas to the pan. Cover and cook for 5 minutes, stirring occasionally.

Re-whisk the sauce in case the starch has settled, then add the sauce mixture to the vegetables and stir until the sauce thickens. Add the cooked shrimp and onions and the zucchini noodles and toss to combine and coat everything with the sauce. Cover the skillet and cook for 5 minutes or until the zucchini is cooked through.

Garnish with green onions and sesame seeds and serve.

