

Teriyaki Shrimp W/Vegetables Stir Fry Recipe

Recipe provided by Stephanie Rigsby

Video: <https://youtu.be/S71TXaKQB-I>



TERIYAKI SAUCE:

Prep Time: 10 mins
Cook Time: 10 mins
Total Time: 20 mins

Ingredients:

- * 1/4 cup of low sodium soy sauce
- * 1/8 cup of light brown sugar
- * 3/4 teaspoons of garlic, minced
- * 3/4 tsp of ginger, minced
- * 1 ½ Tbsp honey
- * 1/2 Tbsp sesame oil
- * 1 ½ Tbsp mirin
- * 1/8 cup of water mixed with 1 tablespoon of cornstarch to make a slurry.

Instructions:

1. Combine all ingredients (except for the cornstarch slurry) in a small saucepan. Bring to a simmer. Don't let it boil. Simmer @ 4 minutes.

2. Now, slowly pour and rapidly whisk as you add to your sauce as it simmers.
3. Remove from heat and let cool.

Teriyaki Shrimp W/Vegetables Stir Fry

Ingredients:

- 32 ounces of Jumbo Shrimp
- 2 zucchini-cut at a bias
- 4 ounces of mushrooms
- 1 small yellow onion, cut
- 1 green, green, yellow or orange bell pepper, cut
- 4 ounces of snow peas
- 12 ounces of broccoli florets
- 4 ounces of matchstick carrots
- 2-3 shishito peppers
- 3 cloves of minced garlic
- 1 tablespoon of ginger, minced
- 3 green onions, chopped and reserves some for garnish
- 2 tablespoons of sesame seed oil
- 1/2 teaspoon of toasted sesame seeds or to your liking for each entree
- Ground black Pepper to taste
- 3 cups of rice

DIRECTIONS:

Cook your rice in a rice cooker.

1. Prep your shrimp-rinse, dry with a paper towel.
2. Add olive oil to skillet, allow it to get very hot-add shrimp-cook about 1-2 minutes-allow them to get a nice sear on them.
3. In wok-add olive oil, let it get really hot-add your garlic and ginger-let sauté for 1 min-stir frequently. Do not let it burn. Then add mushrooms and onions first. Then your zucchini and broccoli. Then add the rest of your vegetables. Sauté. Now, drizzle your sesame seed oil over the entire wok.
4. Now: Let's Plate It Up!

**Place your rice-Then surround with your vegetables. Place your shrimp on the side of rice. Top with green onions for garnish. Pour your teriyaki sauce over your vegetables. Now, sprinkle some toasted sesame seeds.

Entrée Serves 6

478mg sodium per-serving