
Garlic Shrimp Stir Fry_

From the Kitchen of Brett Broussard

- 6 garlic cloves (minced)**
- 1 tablespoon ginger (minced)**
- 1/4 cup low sodium soy sauce or tamari**
- 2 tablespoons light brown sugar**
- 1 tablespoon toasted sesame oil**
- 1 tablespoon chili sauce, such as sambal oelek**
- 1 tablespoon cornstarch**
- 1 tablespoon vegetable oil**
- 1 red bell pepper, thinly sliced**
- 1/2 cup mushrooms**
- 1/2 cup purple onion (sliced)**
- 1/2 cup carrots (sliced)**
- 1 cup snow peas**
- 2 pounds large raw tail-on shrimp, peeled and deveined**

In a small bowl, combine the garlic , 1/4 cup of water, soy sauce, brown sugar, sesame oil, chili sauce, and cornstarch. Whisk to combine. Heat the oil in a large skillet over medium-high heat. Once the oil is glistening, add the bell pepper, mushrooms, purple onion slices,

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carrots, and snow peas. Cook, stirring occasionally, until vegetables begin to soften, 3-4 minutes. Add the shrimp and cook, stirring occasionally, until the liquid is slightly thickened and the shrimp and veggies are completely coated, about 5 minutes. Serve over cooked rice, sprinkled with cilantro and sesame seeds (optional).

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