

Spicy Shrimp Stir-Fry



PREP TIME : 15 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- ***1 tbsp (15 mL) canola oil***
- ***1/8 tsp (0.5 mL) red chili flakes***
- ***1 tbsp (15 mL) garlic, sliced***
- ***1 tsp (5 mL) fresh ginger, minced***
- ***1 cup (250 mL) sliced red onion***
- ***1/2 cup (125 mL) thinly sliced carrot***
- ***1 lb (500 g) frozen shrimp, thawed (shelled and deveined) and patted dry***
- ***2 cups (500 mL) sliced Napa cabbage***
- ***1/4 cup (60 mL) VH[®] General Tao Stir-Fry Sauce***
- ***1/4 cup (60 mL) sliced green onion***

Directions :

- 1. Heat a large skillet over medium-high heat; when hot add oil and red chili flakes. Add garlic, ginger, red onion, carrot and chili flakes. Cook for 3-5 minutes or until onions are soft.***
- 2. Add shrimp and cook an additional 3-5 minutes or until shrimp begins to turn pink. Add Napa cabbage and VH[®] General Tao Stir-Fry Sauce; cook 1-2 more minutes or until sauce begins to coat shrimp and vegetables.***



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3. Garnish with green onion and serve over Uncle Ben's® Long Grain Perfection Rice.

Tips:

- *For a spicier stir-fry, add an additional 1/4 tsp of chili flakes.*
- *Serve over cooked rice or whole wheat noodles.*
- *Recipe is flexible and can be done using chicken or beef.*

Asian inspired spicy shrimp combined with Napa cabbage and VH General Tao Stir-Fry sauce for a quick and easy weeknight meal!