



PREP TIME : 4 MIN

COOK TIME : 12 MIN

SERVES : 4

Ingredients :

- ***PAM® Original Cooking Spray***
- ***2 cups (500 mL) finely sliced onion***
- ***1 cup (250 mL) finely sliced red pepper***
- ***6 cups (1.5 L) chopped bok choy***
- ***1 lb (500 g) medium raw shrimp, thawed and peeled***
- ***1 bottle VH® Orange Ginger Stir-Fry Sauce***
- ***1 lb (500 g) Chinese egg noodles, cooked per package directions***

Directions :

- 1. Spray large cooking pot with PAM® Cooking Spray; heat over medium-high heat.***
- 2. Add onions and peppers; cook for 5 minutes. Add bok choy; cook, uncovered, for 5 minutes.***
- 3. Stir in shrimp and VH® Orange Ginger Sauce. Cover and cook on high until the shrimps have turned pink, about 2 minutes. As soon as they are pink they are cooked.***
- 4. Serve over top of cooked egg noodles.***

Tip:

If desired use 4 cups of broccoli in place of bok choy.

A great side dish is green beans sauteed with fresh garlic.