

Szechuan Garlic Shrimp



PREP TIME : 10 MIN

COOK TIME : 10 MIN

SERVES : 2

Ingredients :

- ***1 tbsp (15 mL) vegetable oil***
- ***1/2 lb (250 g) large shrimp, peeled and deveined***
- ***1 small white onion, chopped***
- ***1 carrot, peeled and cut into coins***
- ***1/2 cup (125 mL) chopped green pepper***
- ***1 pouch (160 mL) VH® Szechuan Stir-Fry Sauce***
- ***1/2 cup (125 mL) drained canned water chestnuts***
- ***1 cup (250 mL) steamed white rice***
- ***2 tbsp (30 mL) sliced green onion***

Directions :

- 1. Heat oil in a medium skillet set over medium-high heat. Add shrimp and cook, turning, for 1 to 2 minutes or until pink and starting to brown. Transfer to a plate.***
- 2. Add onion, carrot and green pepper. Cook, over medium heat, for 5 minutes or until softened. Add VH® Szechuan Stir-Fry Sauce; bring to a boil. Reduce heat to medium-low; add shrimp and water chestnuts to skillet.***
- 3. Simmer for 2 minutes or until shrimp is cooked through. Serve over steamed white rice and sprinkle with green onion.***

Tips:



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*Serve over spicy stir-fried noodles.
Substitute chicken for the shrimp, if desired.*

Other Usage:

*Stir into chicken noodle soup.
Stir-fry with Chinese eggplant.
Slather on chicken before roasting.*