



Pink Shrimp Stir Fry

40 min

CA

OR

WA

4

Ingredients

2 cups rice, cooked

1 lb pink shrimp, defrosted and rinsed

½ onion, chopped

½ bag mixed frozen veggies (peas, carrots, corn, beans, etc.) plus 1 cup of fresh chopped veggies (squash, peppers, cauliflower, etc.)

½ cup sweet chili sauce (more to taste)

1tbs soy sauce

1/3 cup light cooking wine

Salt and pepper

Lime wedges

Sliced scallions (1 per serving for garnish)

Sliced baby bok choy (1 head per serving for garnish, can substitute cabbage or bean sprouts)

Toasted peanuts (optional)

Cooking oil

Preparation

Cook the rice.

Heat 1 tbsp cooking oil over medium high heat in a large skillet. Add chopped onion and sauté for 5 mins. Add other veggies and cook until warm and slightly softened. Remove from pan and set aside.

Heat 1 tbsp cooking oil over medium high heat in same large skillet and add the drained shrimp. Cook until hot, about 5 mins. Drain excess liquid.

Add veggies, sweet chili sauce, soy sauce, and cooking wine, stir until combined and heated through.

Season with salt and pepper to taste.

Serve

Plate over rice, garnish with lime wedges, scallions, bok choy and/or peanuts.

Recipe by Sarah Kolesar of Oregon Sea Grant & George Waldbusser of Oregon State University

Species Group

Shrimp, Prawn