Shrimp Stir Fry



From the Sensenig's Recipe Book

Ingredients

Red pepper strips
Broccoli
Sugar peas
Carrots
Celery cut diagonally
Shrimp peeled and deveined coated with
Thai season mix
Finely chopped garlic and ginger

Sauce Chicken broth low sodium soy sauce corn starch

Green onions sliced diagonally Fresh basil leaves Cashews non salted

Notes:

Can substitute pork or beef

Source:

Preparation

Stir fry shrimp till just done remove from pan I use sunflower oil (gets hot without burning)

Add veggies and fry till done but still crisp add in garlic and ginger and green onion for a few minutes

Push vegetables to side of wok

Add sauce to middle of pan until thickened add more broth if needed

Mix together re add shrimp put in whole basil leaves and cashews

Serve over rice. We use brown rice