

Hunny Pineapple Shrimp Stir-Fry

Recipe makes 5-6 servings, each serving is:

451
kcal

11 g
fat

61 g
carbs

27 g
pro

Ingredients

- 300-400 g raw shrimp
- 1 c. basmati rice
- 1/2 head Napa cabbage, chopped
- 2 c. snap peas, chopped
- 2 c. carrots, chopped
- 1 c. celery, chopped
- 1 c. red onion, chopped
- 4-8 Tbsp crushed pineapple
- Optional topping: fresh cilantro, sliced almonds, and chili garlic paste

Hunny Pineapple Stir Fry Sauce:

- 1 c. crushed pineapple with juice
- 3 Tbsp honey
- 3 Tbsp soy sauce
- 2 Tbsp rice vinegar
- 2 tsp each of ginger and garlic
- 1 tsp sesame oil
- 1 Tbsp corn starch + 2 Tbsp water (cornstarch slurry)

Directions

1. In a small sauce pan, add a bit of oil with the ginger and garlic. Fry for about 1 minute. Add the remaining sauce ingredients and bring to a light simmer until the sauce is finished to your desired taste.
2. Cook the rice as per package directions.
3. Bring a large pot of water to a boil. Blanch the carrots, onion, and celery for ~ 3 minutes and remove. Blanch the Napa cabbage and snap peas for ~2 minutes and remove.
4. Add oil to a large fry pan to medium-high heat. Fry the shrimp until cooked ~1-2 mins. Add the blanched vegetables and about half of the stir-fry sauce. Save the rest to add as needed during cooking, serving, or save for another time.
5. Serve with rice, the shrimp stir-fry, and garnishes such as some extra crushed pineapple, chili garlic paste, fresh chopped cilantro, sliced almonds, and more stir fry sauce if needed.

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