

CRANTON WELLNESS CENTRE – Dr. Alan Cranton

Stir Fry Vegetables with Shrimp

4 cloves garlic, sliced
Onions, chopped
2 red peppers
1 green pepper
1 large mild onion
2 bunches broccoli
Green onions
Zucchini (to taste)
Carrots, chopped

2 bags shrimp, cooked
Sweet chili sauce for chicken
Potato starch (mix with water)
Extra-virgin olive oil
Salt & pepper
Sesame oil, (few drops)
2 Tbl .Hoi sin sauce
Soy sauce
1 tsp hot sauce

In wok or large fry pan, add olive oil. When hot, add vegetables: garlic, onions, carrots, zucchini, peppers, & broccoli. Add water to pan if needed. Cover pan and cook for a few minutes.

Add sweet chili sauce, Hoi sin sauce, sesame oil, & shrimp.

STIR to mix. Add green onions and stir. Add potato starch and cook till thickened.

Arrange on platter and enjoy!