

## 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!