



## Healthy Shrimp Stir-Fry with a Twist

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 10 MINS

### INGREDIENTS

- 1 lb. shrimp, peeled and deveined
- 1 tbsp. olive oil
- 1 small onion, sliced
- 1 red bell pepper, thinly sliced
- 1 zucchini, sliced into half-moons
- 1 cup snap peas
- 1/2 cup mushrooms, sliced
- 2 cloves garlic, minced
- 1-inch piece of fresh ginger, grated
- 1 tbsp. coconut aminos
- 1 tbsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tsp. honey
- 1/2 tsp. chili flakes (optional for spice)
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- 1 tbsp. sesame seeds (optional for garnish)
- 2 cups cooked cauliflower rice

### DIRECTIONS

1. In a bowl, toss the shrimp with 1 tsp. coconut aminos. Set aside to marinate for 5-10 minutes while you prep the vegetables.
2. In a small bowl, mix together the garlic, ginger, the rest of coconut aminos, sesame oil, rice vinegar, honey, chili flakes (optional), and lime juice. Stir until the honey dissolves. Set aside.
3. Heat 1 tbsp. olive oil in a large skillet or wok over medium-high heat. Add the shrimp and cook for 2-3 minutes per side, or until pink and opaque. Remove from the pan and set aside.
4. In the same skillet, add a bit more olive oil if needed and sauté the onion, red bell pepper, zucchini, snap peas, and mushrooms for about 4-5 minutes until the veggies are tender but still crisp.
5. Add the cooked shrimp back into the pan with the vegetables. Pour in the prepared sauce and stir to coat everything evenly. Let it cook for another 1-2 minutes, allowing the sauce to thicken slightly.
6. Remove the pan from the heat and stir in the fresh cilantro. If you're serving with cauliflower rice, add the cooked cauliflower rice to the plate. Drizzle everything with a little extra lime juice for brightness.
7. Serve the stir-fry hot, garnished with sesame seeds and more cilantro if desired.

### NUTRITION

Serving size: 2 cups  
(per serving) 224.9 calories, 9.3g fat, 1.2g saturated fat, 140.5mg cholesterol, 731.9mg sodium, 15.8g carbohydrate, 2.9g fiber, 9g sugar, 20.1g protein