

SHRIMP STIR FRY “CASSEROLE”



Ingredients:

2	Tablespoons	Coconut Oil
2	Cups	Broccoli Florets
1½	Cups	Sugar Snap Peas
1½	Cups	Baby Carrots
1	Each	Red & Yellow Bell Pepper, sliced
1	Medium	Sweet Onion, sliced
8	Ounces	Button Mushrooms, quartered
1	Pound	Shrimp, thawed, rinsed and patted dry
		Sesame Seeds for garnish (if desired)

For the Sauce:

¼	Cup	Chicken Broth (or water)
1	Tablespoon	Cornstarch
¼	Cup	Tamari (or Soy Sauce)
¼	Cup	Rice Vinegar or Apple Cider Vinegar*
1	Teaspoon	Garlic, minced
1	Teaspoon	Ginger, grated
1	Tablespoon	Brown Sugar
1	Tablespoon	Catsup
2	Teaspoons	Sriracha
2	Teaspoons	Fish Sauce

Directions:

1. Melt coconut oil. Toss the vegetables in the oil and spread evenly on a sheet pan. Place in a 425° oven for 10 minutes.
2. Place sauce ingredients in a 1 quart jar and shake vigorously to combine. Set aside.
3. After 10 minutes, remove vegetables from oven. Add shrimp and sauce and stir to coat everything. Place back in oven for 18 to 20 minutes, or until shrimp is 165° and sauce is thickened. Garnish with sesame seeds if using.

*If using apple cider vinegar, increase brown sugar to 2 tablespoons.