

Garlic Shrimp and Snow Peas

Lightly marinated shrimp will add just the right touch to this stir-fry tonight. You'll toss in crisp sweet snow or snap peas, onion, bell pepper, carrots, mushrooms and crunchy water chestnuts to complete this stir-fry. It's served over brown rice with spicy garlic sauce.

Serve tree-ripened pear slices as a finish.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize the ingredients before you get started so they are easy to add.

Prep 5 cloves chopped garlic tonight: 1 for the marinade, 3 for the spicy garlic sauce and 1 for the Stir-fry. Prep two different versions of onion: 1/4 C. chopped onion for the spicy garlic sauce and 2/3 C. sliced onion for the stir-fry.

Brown Rice

1 C. brown rice
plus
2-1/4 C. water
1/4 C. nonfat milk
1/2 tsp. coconut extract

Spicy Garlic Sauce

1 tsp. sesame oil
3 cloves garlic (smashed and chopped)
1/4 C. white wine
1/4 C. onion (chopped)

3 tsp. low-sodium soy sauce
1 C. low-sodium veggie broth
2 T. rice wine vinegar
1/2 tsp. fresh grated ginger
2 tsp. granulated sugar
1/2 tsp. Asian pepper sauce

2 T. cornstarch
dissolved in
1/2 C. water
1/4 C. cilantro (chopped)

Finish

1 tree-ripened pear (cored and sliced)

Marinated Garlic/Lime Shrimp

10 large, frozen raw shrimp (shelled, deveined, with or without tails)

Marinade:

1/4 C. white wine
1 clove garlic (chopped)
1 tsp. Asian pepper sauce
1 tsp. low-sodium soy sauce
1 tsp. sesame oil
1 T. lime juice

Snow Pea Stir Fry

1-1/4 C. carrot (peeled and sliced diagonally)
1 tsp. canola oil
5 cremini mushrooms (sliced)
1 tsp. sesame oil
2/3 C. yellow onion (thin-sliced, quartered)
2/3 C. red bell pepper (sliced into 1" pieces)
1-1/2 C. fresh snow or snap peas. (washed and strung - frozen snow peas also work)
1 can sliced water chestnuts (drained and rinsed)
1 clove garlic (smashed and chopped)
1/4 C. basil (chopped)

juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting brown rice on to cook. Bring rice, water, milk and coconut extract to a hard boil. Reduce heat to medium-low, cover and cook for 25 minutes. Set a timer.

Marinated Garlic/Lime Shrimp

Shrimp Remove frozen shrimp from freezer and place in a strainer. To thaw, run cold water over shrimp several times for a period of about 10-15 minutes.

Marinade Combine wine, chopped garlic, pepper sauce, soy sauce, sesame oil and lime juice in a medium-sized bowl. Microwave liquid for 30 seconds and set aside.

Allow liquid to cool about 5 minutes. Add thawed shrimp and stir well. Set aside.

Spicy Garlic Sauce

1. Bring all ingredients except cornstarch mixture and cilantro, to a boil in a small sauce pan. Reduce heat to low and cook 5-minutes.
2. Return to a hard boil and thicken with cornstarch mixture. Reduce heat again and cook over low heat 5-minutes, stirring occasionally.
3. Add chopped cilantro and remove from burner.

Cook the Shrimp

Heat 2 tsp. canola oil in a medium-sized sauté pan until it begins to shimmer. Lift shrimp from marinade with a perforated spoon and place in hot oil. Cook about 1 minute per side until shrimp turn pink. Add 1/4 C. of the marinade liquid and toss with shrimp another minute. Remove pan from burner. Set aside.

Stir-fry:

Snow Pea Stir Fry

1. Steam prepped carrots in top of a steamer pan for 3-minutes once water boils. Remove from heat and run cold water over carrots. Set aside.
2. Brown mushrooms in canola oil in a deep sauté pan or wok. Remove from pan and set aside.
3. Using the same pan, heat additional sesame oil and brown sliced onion and peppers. Add peas and water chestnuts to the pan and toss about 2 minutes. Return carrots and mushrooms to pan and add garlic and basil. Toss until garlic becomes fragrant. Drizzle with lime juice. Add cooked shrimp and pour garlic sauce over stir-fry. Heat until sauce bubbles and serve immediately.

Plate:

Using a soup ladle, make a dome-shaped mold of rice on each dinner plate. Spoon 2 C. stir-fry over each mound of rice. Be sure to divide shrimp evenly between servings. Serve sliced pear as a finish.

What I've Learned from this Recipe

Add fresh herbs at the end of the cooking process. If cooked too long, fresh herbs will lose much of their flavor.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com