

Shrimp and Asparagus Stir Fry

#cooking/recipe#

#2019/November

Shrimp and Asparagus Stir Fry Meal Prep - Damn Delicious

Ingredients

- 1 cup brown rice
- 1 tablespoon olive oil
- 1 1/2 pounds medium shrimp, peeled and deveined
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1 teaspoon sesame seeds
- 1 green onion, thinly sliced

FOR THE SAUCE

- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon brown sugar, packed
- 1 tablespoon freshly grated ginger
- 3 cloves garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch

Process

In a small bowl, whisk together soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil and cornstarch; set aside.

In a large saucepan filled with 2 cups of water, cook rice according to package instructions; set aside.

Heat olive oil in a large skillet over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes. Add asparagus, and cook, stirring frequently, until tender, about 2-3 minutes.

Stir in soy sauce mixture until well combined and slightly thickened, about 1-2 minutes.

Place rice and shrimp mixture into meal prep containers, garnished with sesame seeds and green onion, if desired.

Nutrition

Servings: 4

Calories: 236

Fat: 5g

Carbs: 22g

Protein: 23g