

Sweet Chili Shrimp Stir Fry

#cooking/recipe

#2019/November

#cooking/dinner

#cooking/30 Minutes or Less#

Easy Sweet Chili Shrimp Stir Fry | Sweet Peas and Saffron

Ingredients

2/3 cup uncooked rice

2 tablespoons olive oil

2 bell peppers sliced into strips

1 red onion sliced into strips

2 cups peas

12 oz uncooked shrimp thawed with tails removed (12-15 large shrimp)

Stir Fry Sauce

6 tablespoons sweet chili sauce

3 tablespoons soy sauce

3 tablespoons water

2 teaspoons cornstarch

Process

Shake together stir fry sauce and set aside.

In a medium non-stick pan, heat the oil over medium heat.

Add the bell peppers, onion and snap peas. Cook for 3-5 minutes, until slightly softened. Remove veggies from the pan and place on a clean plate. Add more oil to the pan if necessary.

Add the shrimp to the pan, and cook for 3 or so more minutes, flipping halfway (cook time will depend on the size of your shrimp; make sure they are pink and firm and cooked through).

Give the stir fry sauce a good shake up and pour over the shrimp. Cook for 1 or so minutes until bubbling and thickened. Remove from heat and stir in the veggies.

Serve immediately or portion out into 2 cup capacity storage containers and store in the fridge.

Nutrition

Servings: 5

Calories: 391

Fat: 1g

Carbs: 52g

Protein: 26g