



### Shrimp Stir Fry

*Dust off your wok (a cast iron or stainless frying pan work fine too!), and make this fast, easy and very tasty dish. You can substitute with lots of different ingredients (see below). Serve over rice or noodles.*

Active Time: 10 minutes

Total Time: 15 minutes

Serves: 4- 6

#### Ingredients:

2 lbs. raw shrimp, peeled and deveined (tail on or off, either is fine)

2 tablespoons coconut oil

1 tablespoon Sesame oil

1 small bunch bok choy, chopped

1 bunch (3 to 4) large leaves of green chard, chopped

1 cup celery stock, chopped, use leaves if possible

2 small red bell peppers, or 1 large, sliced lengthwise in strips

½ medium size onion (slices thinly in half moon shape)

Pinch of HH Lime, Mint, Pepper Seasoning Salt (or sea salt)

#### Sauce:

1 tablespoon minced garlic

2 tablespoons minced fresh ginger

½ cup low sodium soy sauce

Lime, juice of 1 lime

1. Defrost shrimp according to instructions (usually frozen shrimp can be place in a colander and run cold water over it for 2-3 minutes then let sit for 10-15 minutes to thaw). Keep them in the colander in your sink until you are ready to cook.
2. Prep your sauce first, add all the ingredients into a small jar or bowl and whisk or put the lid on and shake the jar to blend. Set aside.
3. Chop all of your veggies, this dish cooks fast, so that way you are ready to add them quickly.
4. Heat up wok on high heat, add 1 tablespoon of coconut oil.
5. Add thawed shrimp, with a pinch of salt to shrimp and stir gently with tongs. Cook for approximately 2 to 4 minutes until shrimp are pink and tender.
6. Take shrimp out of wok, and put in a bowl, set aside.
7. Turn the wok heat down to medium and add 1 more tablespoon of coconut oil and the sesame oil.
8. Using your tongs or large spoon, spread the oil around the wok, including the sides.
9. Add the celery and cook for 1 to 2 minutes. Push celery up the sides of the wok and clear space at the very bottom of the pan.
10. Add red pepper, same thing, cook for 1 to 2 minutes. Push peppers up the sides of the wok and clear space at the very bottom of the pan.

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11. Add Onion, again, cook for 1 to 2 minutes. Push onions up the sides of the wok and clear space at the very bottom of the pan.
12. Add Bok Choy, again, cook for 1 to 2 minutes. Push bok choy up the sides of the wok and clear space at the very bottom of the pan.
13. Finally, add chopped chard and go ahead and combine all the veggies together in the wok.
14. Add the Sauce to the veggies and toss for another 2 minutes.
15. Quickly add the shrimp and toss with all the veggies.
16. Sever immediately on a bed of rice or noodles!



#### Veggie Substitutions:

Broccoli  
Cauliflower  
Spinach  
Any bell peppers  
Carrots  
Cabbage

#### Shrimp Substitutions:

Sliced Chicken breast or thighs  
Sliced portobello mushrooms  
Firm Tofu, sliced  
Steak, sliced or cubed  
Pork tenderloin, sliced