

## Shrimp Stir Fry

I have made variations of this for years. This is a good breakdown for a good set of ingredients. Chicken can easily be substituted for shrimp in this or go with a Tri-Version and use shrimp chicken and beef.

### Ingredients

- 1 medium red bell pepper (green and orange are fine as well)
- 1 cup (175 g) broccoli
- 1 medium zucchini
- 1 lb shrimp, peeled and deveined
- 2 tbsp vegetable oil (divided)

### Sauce

- 3 tbsp oyster sauce
- 3 tbsp soy sauce
- 3 tbsp dry sherry
- 1 tsp sesame oil
- 2 cloves garlic, finely chopped
- 2 tbsp cornstarch

### Directions

1. Wash all your vegetables. Cut the red bell pepper into strips and the broccoli and zucchini into small pieces. Wash shrimp with cold water and dry them well with paper towels.
2. In a small bowl mix the oyster sauce, soy sauce, dry sherry, sesame oil, garlic and cornstarch. Mix well and set aside.
3. Heat a large pan or wok at high heat. Add one tablespoon of oil and stir fry the vegetables for about 2-3 minutes. Put a lid on leaving a gap to steam them for about a minute. Remove the vegetables and set aside.
4. Heat the remainder tablespoon of oil in the same pan or wok and add the shrimp. Cook for about 3 minutes until they turn pink. Lower the heat to medium, add the cooked vegetables and stir fry for another minute.
5. Add the sauce and stir fry to cover the shrimp and vegetables thoroughly. Serve immediately on a bed of rice.

### Variations

1. If you want to have crispier shrimp, coat the shrimp in corn starch and then 'fry' them in the wok in a little oil. After they are half done, add the cooked vegetables and sauce and finish cooking them. Serve immediately while hot.

**From:** <https://www.sweetysalado.com/2013/06/shrimp-stir-fry.html>