

SHRIMP AND BEAN SPROUT STIR-FRY



SERVING SIZE

1



INGREDIENTS

ITEM

Oil
Garlic cloves, minced
Shrimp, peeled & deveined
Bean sprouts

QUANTITY

½ tbsp.
2
6 medium
2 cups

ITEM

Water
Light soy sauce
Green onions (cut into 1-inch pieces)

QUANTITY

4 tbsp.
1 tbsp.
4



PREPARATION

- Heat oil in a skillet or wok over medium-high heat.
- Add minced garlic and sauté for 20-30 seconds until fragrant.
- Add shrimp and cook 1-2 minutes per side until pink and just cooked through.
- Add bean sprouts, water, and soy sauce. Stir-fry for 1-2 minutes until sprouts are tender but still crisp.
- Add green onions, toss briefly, and remove from heat.
- Serve immediately while hot.