

SHRIMP AND BEAN SPROUT STIR-FRY



SERVING SIZE

1



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	½ tbsp.	Water	4 tbsp.
Garlic cloves, minced	2	Light soy sauce	1 tbsp.
Shrimp, peeled & deveined	6 medium	Green onions (cut into 1-inch pieces)	4
Bean sprouts	2 cups		



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.