

Weeknight Fiery Garlic Shrimp

Serves 4

This recipe makes use of frozen shrimp, as well as ingredients you already have in your pantry. You can adjust the heat to your liking by adjusting the honey and chiles.

2 1/2 Tablespoons soy sauce (reduced sodium if preferred)	¼ teaspoon crushed red pepper (or to taste)
2 Tablespoons chili sauce*	1 pound of shrimp peeled and deveined
¼ cup vegetable broth	2 cups snow peas trimmed or peppers cut into 1 inch dice
2 Tablespoons rice or white vinegar	1 1/2 Tablespoon cornstarch plus 3 Tablespoons cold water mixed together
3 Tablespoons honey	Sesame oil to taste (optional)
4 cloves of garlic sliced into chips	Scallion slices to garnish (optional)
4 Tablespoons grapeseed or canola oil	
2 quarter sized pieces of ginger	

** heat varies among brands, so taste first before use in the recipe!*

Directions:

1. Mix together the first 5 ingredients (soy sauce through honey) and set aside.
2. In a cold sauté pan, add garlic and oil. Set heat to low to slowly bring the garlic and oil up to temperature. Be sure the garlic is submerged in oil (Tilt the pan if necessary). As the mixture starts to bubble, add the ginger. Once the garlic is potato chip colored, remove pan from the heat and add crushed red pepper. Allow the pepper to cook in the residual heat for 30 seconds.
3. Drain all but 1 1/2 Tablespoons of the oil. (You can use the reserve oil for a salad dressing or to brush on other vegetables.)
4. Bring the pan temperature up to medium high. Add the shrimp. When shrimp are half way opaque, add the snow peas. Cook for 1 minute more.
5. Add the soy-honey blended sauce. Continue heating until bubbling. Then add the cornstarch-water mixture a little at a time until the sauce is the desired consistency.
6. Plate shrimp and top with a very light drizzle of sesame oil and scallion to garnish.

Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction