

Sesame Shrimp Stir-Fry

By Melissa Gray, Southern Living Magazine

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Total Time: 20 Minutes

Additional Time: 20 minutes

Servings: 6

Ingredients

½ cup soy sauce

2 tablespoons light brown sugar

1 tablespoon sesame oil

1 tablespoon ground fresh chile paste (such as sambal oelek)*

1 tablespoon cornstarch

3 garlic cloves, grated (about 1½ tsp.)

1 tablespoon canola oil

2 large red bell peppers, cut into 1-inch pieces (about 4 cups)

3 medium carrots, sliced 1/8 inch thick (about 1½ cups)

1 medium-size white onion, cut into ¼-inch wedges (about 2 cups)

4 cups broccoli florets (from 1 small head)

1 ½ pounds large raw shrimp, peeled and deveined

¼ cup roughly chopped fresh cilantro

Hot cooked rice, optional

*I substituted gochujang, a fermented spicy red chili paste

Directions

Whisk together soy sauce, sugar, sesame oil, chile paste, cornstarch, and garlic in a small bowl. Heat canola oil in a large skillet over high. Add bell peppers, carrots, onion, and broccoli; cook, stirring often, until just beginning to become tender, about 4 minutes. Add shrimp and soy sauce mixture; cook, stirring often, until shrimp are fully cooked and sauce is slightly thickened, about 5 minutes. Sprinkle with cilantro. If desired, serve over rice.

Freeze

Let cooked shrimp mixture cool to room temperature, about one hour. Fill a Ziplock plastic freezer bag three-fourths of the way full, and seal, pushing out any air. Freeze until solid, at least four hours or up to six months.

Reheat

Allow bag to thaw overnight in refrigerator. Heat a large skillet over high heat; add thawed stir-fry mixture. Cook, stirring often, until heated through, 10 minutes. Sprinkle with cilantro, and serve with rice, if desired.