

South West Stir Fry



This colourful stir fry is easy to prepare and has so much flavour you'll want more! Here are a couple of tips to make stir frying a success at your house.

- Have everything cleaned and cut before you start to stir-fry
- Use jumbo shrimp because they take longer to cook and will not dry out quickly
- When stir frying start with high heat and have a well fitting lid. When the water in the vegetables contacts the pan it will create hot steam which cooks the vegetables quickly

Serves 4-6. Preparation time 30 minutes.

ingredients

1 jar (250 ml)	Peanut Sauce
1 cup	Fish or chicken stock
2 cups (uncooked)	Aromatic Jasmine Rice
3 Tbsp	Roasted Garlic Olive Oil
1 cup	Shiitake mushrooms - fresh, cleaned, and sliced in thin pieces
1 cup	Orange pepper - fresh, washed, and cut in 1/2" pieces
1 can (400 gm)	Whole baby corn - drained
1 cup	Snow peas - fresh, washed, and ends trimmed
1 Tbsp	South West Blend
1 pound	Jumbo shrimp - fresh or defrosted, 26/30 pieces per pound, raw tail on if possible
4 cups	Bok Choy - fresh, cleaned, and cut once on the diagonal and chopped in large pieces
2 cups	Bean sprouts - fresh, washed
GARNISH	
6 sprigs	Cilantro - fresh, washed
1	Lime - fresh, cut in wedges

instructions

1. Mix the Peanut Sauce and stock together in bowl. Marinade the shrimp in the mixture for 30 minutes. Just before stir-frying drain the marinade and set it and the shrimp aside.

2. Rinse the rice under cold water. Cook rice according to the package instructions.

3. Stir-fry the shrimp until just pink on both sides. Remove from the wok and set aside. Heat an additional 1 Tbsp of Roasted Garlic Olive Oil in the wok. Add the bok choy and stir to coat each piece of bok choy with oil. Place a lid on the wok. Reduce heat to medium low and cook for 1 minute. Add the marinade to the bok choy and bring to a quick boil.

4. At the same time as step 3, but in a different skillet or wok, heat 1 Tbsp of Roasted Garlic Olive Oil. Add the mushrooms and stir fry until slightly tender. Add the orange peppers and stir fry until tender. Add the corn and then the snow peas and stir fry until just cooked. Toss the shrimp, bok choy and marinade into the mixture. Season with South West Herb Blend. Toss the bean sprouts into the mixture. Serve immediately over a warm bed of rice. Garnish with lime wedges and cilantro.

Culinary Tip! For added flavour add Thai chile peppers and/or lemon grass when stir frying the mushrooms and orange peppers.