

# Chinese Style Shrimps & Veg

## Serves 3

1 cup (185g) rice, uncooked  
2 tbsp. olive oil  
1 carrot, peeled, sliced  
1 pepper, chopped  
1 small onion, sliced  
3 garlic cloves, sliced  
1 small zucchini, sliced  
1 ½ tbsp. ginger, grated  
pinch of chili flakes  
9 oz. (250g) shrimps  
2 tbsp. soy sauce  
1 tsp. potato flour  
⅔ cup (160ml) water  
1 tbsp. coconut palm sugar

## What you need to do

1. Cook the rice according to the instructions on the packaging.
2. In a wok (or large frying pan), heat 1 tbsp. of oil. Sauté the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chili.
3. Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.
4. Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1 minute stirring frequently. Serve with cooked rice.



GF	DF	MP	HP						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				15 mins	15 mins	436	11	63	22

\*Nutrition per serving

