

# Honey Garlic Shrimp Stir Fry



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## INGREDIENTS

1. 1 1/4 lbs. large shrimp, peeled and deveined, and tail removed
2. 2 1/2 cups broccoli florets (approx. 1 inch pieces)
3. 2 teaspoons vegetable oil divided use
4. 4 cloves garlic minced
5. 1/4 cup water
6. 1/4 cup low sodium soy sauce
7. 3 tablespoons honey
8. 2 teaspoons corn starch
9. salt and pepper to taste

## INSTRUCTIONS

1. Heat 1 teaspoon of oil in a large pan over medium high heat.
2. Add the broccoli and cook for 4-5 minutes or until tender.
3. Remove the broccoli from the pan; place it on a plate and cover to keep warm.
4. Wipe the pan clean with a paper towel and turn the heat to high.
5. Add the remaining teaspoon of oil to the pan.
6. Season the shrimp with salt and pepper to taste and add them to the pan. Cook for 3-4 minutes, stirring occasionally, until pink and opaque.
7. Add the garlic to the pan and cook for 30 seconds.
8. Add the broccoli back into the pan.
9. In a bowl whisk together the water, honey and soy sauce.
10. In a small bowl mix the cornstarch with a tablespoon of cold water.
11. Pour the soy sauce mixture over the shrimp and vegetables; cook for 30 seconds.
12. Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
13. Serve immediately, with rice if desired.