



Shrimp Zoodle Stir Fry

3 servings
25 minutes

Ingredients

- 1/2 cup Organic Vegetable Broth (or Chicken Broth)
- 2 tbsps Tamari
- 3 Zucchini (large)
- 2 tbsps Coconut Oil (divided)
- 3 Garlic (cloves, minced)
- 1 1/2 tpsps Ginger (grated)
- 1 lb Shrimp (peeled and deveined)
- 1 Yellow Bell Pepper (large, sliced)
- 1 cup Matchstick Carrots
- 1/4 cup Red Onion (diced)
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	361
Fat	12g
Saturated	8g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	24g
Fiber	7g
Sugar	11g
Protein	45g

Directions

- 1 In a small bowl, combine the vegetable broth and tamari. Set aside.
- 2 Spiralize your zucchinis into noodles and set aside.
- 3 Place half of the coconut oil in a large frying pan and heat over medium-low heat. Add the garlic and ginger and saute for a minute. Add the shrimp and saute for about 3 minutes or until cooked through. (Note: Shrimp should be pink on all sides.) Transfer the shrimp to a bowl and set aside while you prepare the rest.
- 4 Increase heat to medium. Add remaining coconut oil to the pan along with the bell peppers, carrots, red onion and asparagus. Saute for 4 minutes or until veggies are slightly tender. Add your broth/tamari mix and stir for another 4 minutes.
- 5 Add the shrimp back into the pan along with your zucchini noodles. Use tongs to toss and coat for 1 to 2 minutes or until zucchini noodles are slightly softened.
- 6 Divide stir fry onto plates and sprinkle with sesame seeds. Enjoy!

Notes

- More Greens,** Add wilted spinach or kale.
- Likes it Spicy,** Serve with hot sauce or sprinkle with red chili flakes.
- Thicker Sauce,** Add coconut flour or almond flour to the broth/tamari mix to thicken it.
- No Shrimp,** Use chicken or beef instead.
- Vegan,** Skip the shrimp and use edamame, chickpeas or white beans instead.