

# stir-fried **SHRIMP** and **BROCCOLI** with white rice

## **A** Prepare the rice

1. In a medium saucepan with cover, combine the 1 cup rice and 2 cups chicken broth or water.
2. Bring the liquid to a boil over medium-high heat.
3. Cover the pan, reduce the heat to low, and cook the rice until all the liquid has been absorbed, about 10 minutes.



serves four



20 min

## **B** Cook the stir-fry

1. Bring a large saucepan of water to a boil, covered. Add the 3 cups broccoli florets and blanch them for 30 seconds, until crisp-tender. Drain in a colander and rinse under cold running water. Reserve.
2. Slice the 3 whole scallions, both white and green parts, into thin rings. Mince the 2 garlic cloves. Peel the knob of fresh ginger root and mince enough of it to measure 1 tablespoon. Core the 1 red pepper, seed it, and cut it into thin strips.
3. Heat a wok or large skillet over medium-high heat until hot. Add 1 tablespoon of the canola oil and heat it until hot. To prevent sticking, carefully swirl the oil around and the bottom and all sides of the wok. Add the 1 pound shrimp and stir-fry it, tossing, for 2 minutes, or until pink. Season with salt and pepper and remove to a plate.
4. Add the remaining 1 tablespoon canola oil to the wok, heat until hot, and add the sliced scallions, minced garlic, minced ginger, and red pepper strips. Stir-fry 30 seconds. Add the blanched broccoli and stir-fry 3 minutes.
5. In a cup, stir together the 1/2 cup chicken broth and 1 teaspoon cornstarch. Add the mixture to the wok with the 2 tablespoons soy sauce, 1/2 teaspoon pepper flakes, and cooked shrimp. Stir-fry 2 minutes.
6. Add the 1 teaspoon sesame oil and toss well to combine.

## **C** Serve and enjoy

1. Fluff the rice with a fork and season it with salt and fresh pepper to taste.
2. Divide the rice among 4 dinner plates and top with the shrimp and broccoli stir-fry. Serve at once.

## Ingredients

- 1 cup** white rice
- 2 cups** low-sodium chicken broth (*or water*)
- 3 cups** broccoli florets
- 3 whole** scallions
- 3/4 in. knob** fresh ginger root
- 1 medium** red pepper
- 1 pound** peeled deveined large shrimp
- two** garlic cloves
- 2 Tbsp** canola oil
- 2 Tbsp** soy sauce
- 1/2 tsp** red pepper flakes
- 1 tsp** sesame oil
- 1 tsp** cornstarch
- salt and freshly ground black pepper

## Variations

- » Make it vegetarian by using tofu in place of the shrimp. Cut the tofu into large cubes and when stir-frying them with the seasonings and broccoli toss gently to prevent the bean curd from breaking up into pieces.
- » Substitute skinless, boneless chicken breast, cut into strips, for the shrimp.
- » Try snow peas, asparagus, cut into 1-inch pieces, green beans, or shredded bok choy for the broccoli florets.