

Shrimp & Broccoli Stir Fry

Serves

3

INGREDIENTS

- + 3 cups of broccoli chopped
- + 12 shrimps (21-25)
- + 3 cloves garlic finely chopped
- + 1 tsp white wine
- + salt to taste
- + olive oil

DIRECTIONS

- 1 Toss wine with shrimp, set aside.
- 2 Saute garlic with 2 tsp olive oil over low heat for 1 minute.
- 3 Turn up heat to medium and add shrimp to pan with garlic. Cook until they are pink (do not over cook).
- 4 Remove shrimp from pan.
- 5 Add 1 tsp of olive oil to pan, add broccoli and stir fry.
- 6 Add 1/4 cup water until broccoli is tender but not overdone.
- 7 Add shrimp back to pan and stir fry for 1 minute. Serve hot.
- 8 To complete the meal, serve with street taco size corn tortillas or brown rice.