

## Sesame Shrimp Stir Fry

TOTAL TIME: 20 to 25 minutes

SERVES: 1

PER SERVING:

133 calories, 22 g protein, 4 g carbohydrates, 4 g fat

### INGREDIENTS

1 cup / 91 g broccoli florets

2 Tbsp butter, 1 Tbsp reserved

2 tsp ginger, minced

2 tsp garlic, minced

1 Tbsp green onion whites, thinly sliced

8 large shrimp, peeled, deveined and tails removed

1 Tbsp sesame seeds

2 TBsp soy sauce (recommend low sodium, just because)

Boil water in a small pot. Add broccoli and cook until tender, about 3 minutes. Strain and set aside cooked broccoli.

Heat a large saute pan on medium heat for 2 to 3 minutes. Add 1 tablespoon butter to pan and melt until foamy. Coat pan with butter. Add ginger, garlic and green onion whites. Saute about 2 minutes until aromatic, stirring constantly to avoid browning. Move ingredients to one side of the pan to make room to cook shrimp.

Add shrimp to pan and cook for about 3 minutes each side. Flip shrimp once they begin to change color and brown slightly.

Add cooked broccoli and sesame seeds. Let the sesame seeds toast and stir to coat all ingredients.

Reduce heat to low. Add Soy Sauce. Stir

Turn off heat. Add remaining butter and melt into the ingredients while stirring to fully incorporate butter.

To serve, remove shrimp with tongs and place onto a plate. Pour sauce and vegetables on top of shrimp. Garnish with remaining green onions.