

A quick and flavourful sweet and sour shrimp stir fry with just the right spicy kick. Best enjoyed with Jasmine scented white or brown rice.

Makes 4 servings



INGREDIENTS

- 1 tbsp vegetable oil
- 1 lb large shrimp, peeled and patted dry
- 1/2 cup sugar
- 1/3 cup apple cider vinegar
- 2 tbsp chili garlic sauce
- 2 tbsp dry sherry
- 1 tbsp soy sauce
- 1 lb green beans
- 1 tsp sesame oil
- 1 tbsp black sesame seeds
- Cilantro for garnish (optional)

PREPARE

1. In a large non-stick skillet or wok, heat 1 tbsp of vegetable oil over high heat until oil just begins to smoke.
2. Sauté shrimp to a medium, when shrimp turn pink but not opaque all the way through. Remove onto a plate.
3. Combine sugar, vinegar, chili garlic sauce, sherry, and soy sauce in skillet; simmer over medium high heat until sugar has dissolved. Reduce to a thick syrup (about 3-5 minutes).
4. Meanwhile, blanch green beans in a large pot of boiling salted water until tender crisp. Strain into a large bowl and toss with sesame oil and seeds.
5. Stir in shrimp to finish cooking in sauce and serve with green beans. Garnish with cilantro if desired.