

## Shrimp and Asparagus Stir Fry

Servings per recipe: 1

Each serving = 1 protein, 1 vegetable

### Ingredients

- 100 grams shrimp (shelled & deveined)
- 1-2 cloves minced garlic
- 100 grams asparagus
- 1 Tbsp fresh ginger

### Directions

1. Add shrimp, garlic, and ginger into pre-heated pan.
2. Stir fry for 3-5 mins. (If needed, add small amount of water.)
3. While that cooks, snap ends off of asparagus. Cut asparagus into 2" pieces.
4. Remove shrimp from pan and add asparagus.
5. Drizzle with a bit of Bragg Liquid Aminos or low sodium soy sauce.
6. Stir fry for 2-3 mins.
7. Re-add shrimp to pan and heat for 1 minute to heat through and serve.

