



TEAM FOUR
FOOD SERVICE



Sesame Shrimp and Vegetable Stir Fry

Yield: 10 servings

Ingredients:

5 lbs	Medium shrimp, peeled, tail off
3 Tbsp	Light oil, salad
1 cup	Onion, peeled and sliced thin
3 Tbsp	Ginger, peeled and minced
2 Tbsp	Garlic, peeled and minced
3 cups	Broccoli florets, small size
2 cups	Red cabbage, sliced thin
1 ½ cups	Carrots, peeled and shredded
2-3 cups	Kraft Oriental Sesame vinaigrette
3 Tbsp	Green onion, sliced thin
As needed	Cooked white rice with green onions

Directions:

1. Heat up a large skillet or wok over high heat.
2. Add the oil and cook the onions, ginger and garlic until browned and fragrant.
3. Add the broccoli, cabbage and carrots and cook again until the vegetables are browned and toasted.
4. Add the shrimp and toss a few times to mix everything together. Cook another 3 minutes, stirring often.
5. Add the oriental sesame dressing and toss another couple of times to combine and warm through.
6. Plate up with the green onion white rice. Garnish with the sliced green onions.

Recipe and photo courtesy of Kraft Heinz