

## **Wild Ginger Shrimp**

*Serves 1*

*Prep time: 20 minutes*

### **Ingredients:**

12 Shrimp  
1/4 cup teriyaki sauce  
2 tbsp. sesame seeds  
1 tbsp. sesame oil  
2 tbsp. vegetable oil  
1 tbsp. low sodium soy sauce  
1 tsp. unsalted butter  
1 tbsp. minced garlic  
2 tbsp. cooking wine  
1/2 cup broccoli  
1/2 cup onions  
1/2 cup carrots  
1/2 cup mushrooms  
1/2 cup zucchini

### **Directions:**

Boil the broccoli, onions, carrots, mushrooms, and zucchini until they are soft. Set them aside on a plate. In a sauté pan, place 1 tbsp. of vegetable oil, 5 tbsp. of teriyaki sauce, 1 tbsp. of sesame seeds, 1/2 tsp. of unsalted butter, 1 tbsp. of cooking wine, and 1 tbsp. of minced garlic and add the vegetables and sauté for about two minutes. Then, set aside this mixture on a plate.

Take another sauté pan, and add 1 tbsp. of vegetable oil, 1 tbsp. of sesame oil, 1/2 tsp. of unsalted butter, 5 tbsp. of teriyaki sauce, 1 tbsp. of sesame seeds, 1 tbsp. of low sodium soy sauce, and 1 tbsp. of cooking wine. Add the 12 shrimp and sauté this mixture until the shrimp are thoroughly cooked (for approximately three minutes). Scoop out this mixture and add it onto the plate with the mixed vegetables. Serve with steamed noodles, white rice, or brown rice.