

SHRIMP STIR-FRY

2 TBSP. SESAME OIL	30 mL
1 GARLIC CLOVE, MINCED	
1/2 TSP. MINCED FRESH GINGER	2 mL
24-36 PEELED SHRIMP	
A HANDFUL OF SNOW PEAS	
2 CUPS BROCCOLI FLORETS	500 mL
2 STALKS CELERY, SLICED DIAGONALLY	
1 SMALL WHITE ONION, SLIVERED	
1 RED BELL PEPPER, SLICED	
2 CUPS FRESH BEAN SPROUTS	500 mL
1/2 CUP OYSTER SAUCE	125 mL
1 TBSP. SOY SAUCE	15 mL
1 TBSP. LIQUID HONEY	15 mL
1/4 CUP WHITE WINE	60 mL

HEAT SESAME OIL IN WOK OR SKILLET OVER MEDIUM HEAT. SAUTÉ GARLIC AND GINGER FOR 30 SECONDS. ADD SHRIMP AND COOK 30 SECONDS. ADD VEGGIES AND STIR-FRY UNTIL TENDER CRISP - ABOUT 3 MINUTES. STIR IN OYSTER SAUCE, SOY SAUCE, HONEY AND WINE. TOSS TOGETHER FOR 2 MINUTES. SERVE WITH RICE. SERVES 4.

NO MATTER WHAT HAPPENS - THERE'S