

MANGO SPICY SHRIMP OR CHICKEN

Shrimp or Chicken Sauce

- 1/2 cup sugar
- 1/2 cup chopped or mashed fresh mango
- 2 T low sodium soy sauce
- 1 T dark rum
- 1 T lime juice

Mix together in 1.8 ltr **freshvac™** container, set aside.

- 2 green onions thinly sliced
 - 1 T chopped fresh garlic
 - 1 T chopped fresh ginger
 - 1-2 t crushed red pepper
- Stir fry above ingredients and add to sauce.

- 1 1/2 lbs shrimp or chicken

Stir fry chicken or shrimp in 1-2 T sesame oil. Remove shrimp or chicken from wok and add mango sauce ingredients. Cook until bubbly. Add shrimp or chicken to sauce and toss to thoroughly combine. Keep warm.



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Container Size: 400 ml, 1.8 ltr,
4.2 ltr

Serves: 4-5

Prep Time: 15 minutes

Vegetable Sauce

- 1 T sherry or white wine
- 1 T soy
- 1 t sugar
- 1/2 cup fresh basil or 2 T basil in tube

In a 400 ml container, mix together ingredients, set aside.

Stir Fry Vegetables

- 1/2 cup sliced red pepper
- 1/2 cup sliced celery
- 1/2 cup sliced carrots
- 1/2 cup fresh bean sprouts
- 4 cups spinach

In a 4.2 ltr **freshvac™** container, prep vegetables and refrigerate until ready to stir fry. Stir fry red pepper, celery and carrots in 1 T oil 3-5 minutes. Add spinach, sprouts and vegetable sauce. Stir fry for 1 minute.

Place stir-fried vegetables in 4.2 ltr **freshvac** container or serving bowl and top with shrimp or chicken mixture. Serve with rice on the side.