



Easy Shrimp or Chicken Stir-Fry

INGREDIENTS

- 1 pound shrimp 21/25 (peeled and deveined tail on or off)
- 1 pound chicken tenders or boneless skinless chicken thighs
- 1 tablespoon ginger (chopped fine or grated)
- 1 bunch scallions
- 2tbl garlic (chopped fine or grated)
- 1 jalapeño
- Salt
- Pepper
- 1 tablespoon Five-spice seasoning
- Teriyaki sauce or soy sauce
- 1 tablespoon cornstarch mixed in ¼ cup of water
- Frozen stir-fry vegetables or fresh broccoli, peppers and onions

EQUIPMENT

- Large frying pan or wok
- Wooden spoon or spatula
- Micro plane or cheese grater
- Cutting board
- Knife
- Bowls
- Serving plate or dish

TIPS

1. Invest in a micro plane:
www.amazon.com/Microplane-46020-Grater-Made-Cheese-Soft-Handle-Black/dp/B00151WA06/ref=sr_1_2?crid=MEC4D30YN9MQ&dchild=1&keywords=microplane&qid=1589295695&srefix=microplane%27%2Caps%2C206&sr=8-2&fbclid=IwAR3ftpkG3MhJC1kw0UK5DiZSEJIST_wIrBDdLLfguf6A1Le9jDLDCiCxos
2. Purchase peeled garlic
3. Wok Option 1 for Gas Stove:
www.amazon.com/Craft-Wok-carbono-martilladoinferior/dp/B0171U1EII/ref=sr_1_8?dchild=1&keywords=wok&qid=1589295747&sr=88&fbclid=IwAR0EaWps1vqEzYv6Cfy3IsLU-nfqgCF4KbHF6l_yQ3uPNI7dswAXv14fFo
4. Wok Option 2 for Electric Stove
http://www.amazon.com/Souped-Up-Recipes-Induction-Seasoning/dp/B07R139JVL/ref=sr_1_3_sspa?dchild=1&keywords=wok&qid=1589295859&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyU0VEQk44TFVRSUtCjmvuY3J5cHRIZElkPU EwNTQ2ODQwMU5IS05MOTJVVklWQiZlbnNyeXB0ZWR