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

TIPS


2. Purchase peeled garlic

3. Wok Option 1 for Gas Stove: [www.amazon.com/Craft-Wok-carbono-martilladoinferior/dp/B0171U1EI/ref=sr_1_8?dchild=1&keywords=wok&qid=1589295747&sr=88&fbclid=IwAR0EaWps1qzYy6Cf1sSLU-nfqqCF4KbHF6l_yQ3uPN7dswAXvl4fFo](www.amazon.com/Craft-Wok-carbono-martilladoinferior/dp/B0171U1EI/ref=sr_1_8?dchild=1&keywords=wok&qid=1589295747&sr=88&fbclid=IwAR0EaWps1qzYy6Cf1sSLU-nfqqCF4KbHF6l_yQ3uPN7dswAXvl4fFo)

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=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyU0VE0k44TFVRSUtClmVuy3f3cHRIZElkPUFwNTQ2ODQwMU5lS05M0TJVVkIWQzIbmNyeXB0ZWR](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=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyU0VE0k44TFVRSUtClmVuy3f3cHRIZElkPUFwNTQ2ODQwMU5lS05M0TJVVkIWQzIbmNyeXB0ZWR)

EQUIPMENT

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