

Shrimp and Vegetable Stir Fry

Servings: 2

Ingredients:

1/2 lb large shrimp, peeled and deveined
1/2 onion
1 10 oz bag Birds Eye Steamfresh Rice with Mixed Vegetables
1 tablespoon minced garlic
1/2 red bell pepper
1 tablespoon olive oil
1 tablespoon light or reduced-sodium soy sauce

Preparation:

- 1) Cook Birds Eye Steamfresh according to package directions.
- 2) Heat oil in a wok or skillet. Add shrimp, onion, and bell pepper and stir fry for 4 minutes.
- 3) Add garlic and sauté another minute.
- 4) Add the Steamfresh rice and vegetable mixture. Stir fry for 3 more minutes.
- 5) Add the soy sauce and stir well to blend.