
Shrimp stir fry

Ingredients for 80 portions

- 12 package chow mein noodles
- 11 lbs of shrimp tiger
- 3,2 L onions diced
- 6 garlic bulbs
- 1 lbs of ginger
- 6,5 L of eggplant
- 2 lbs bean sprouts
- 6,5 L red peppers
- 4 lbs of white button mushroom
- 2,4 lbs of zucchini
- 6 L carrots
- 0,8 cup of sesame oil
- 1,6 cups of soya sauce
- 0,8 cup of rice vinegar

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Instructions

1. Soften onions, garlic and ginger.
2. Fry mushrooms.
3. Roast zucchini, red peppers, eggplant, mushrooms and bean sprouts. Season with a little soy sauce, and a little sesame oil.
4. Dice carrots, cook in boiling water for 10-15 minutes until softened.
5. Mix shrimp and vegetables in large pan. Add soy sauce, cilantro and rice vinegar.

*if your shrimps are frozen, cook in boiling water.