



## Shrimp Vegetable Stirfry with Garlicsauce



### 4 Person

- 800 gr Shrimp without shell and gut, ready to cook
- 1 middle size Zucchini, diced in 2 cm size pieces
- 2 red bell peppers in halves without kernels, diced in 2 cm size pieces
- 1 bundle spring onions, without root or dark green ends cut in rings
- 200 gr fresh mushrooms, cleaned and cut in slices
- Vegetable oil (rapeseed, sunflower or olive oil) for frying
- 100 ml dry white wine
- 200 ml cream
- Garlic Plus Mixture to taste

Fry the shrimp in a bit of oil in a large pan on high heat shortly for about 1-2 minutes. Season with 2 tsp Garlic Plus Mixture.

Put the fried shrimp on a separate plate and set aside. Now fry the vegetables and the mushrooms in a bit of oil shortly on high heat. After 2 min. season with 1-2 tsp Garlic Plus Mixture. Place the vegetables on a separate plate. Now pour the wine into the pan and let it allow to reduce to about 2/3. Next, add the cream and allow it to reduce again to the half. Add the shrimp and the vegetables to the sauce in the pan and bring it to a boil. If required, season with a bit of Garlic Ail Mixture and serve. Best served with french bread, rice or pasta.

Used Plochman's spices:

- Garlic Ail



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