

Creamy Eggs with Shrimp

October

Makes 4 servings

Marinade

1 tsp	cornstarch
1/4 tsp	salt
1/8 tsp	ground white pepper
8 oz	medium raw shrimp, shelled and deveined
4	eggs
1/4 cup	milk
1/2 tsp	sesame oil
1/4 tsp	salt
1/8 tsp	ground white pepper
3 tbsp	cooking oil
1/2	red bell pepper, seeded and diced
2 oz	frozen green peas, thawed (optional)
2 tbsp	chopped green onions

Combine marinade ingredients in a bowl. Add shrimp and stir to coat. Let stand 15 minutes. Lightly beat eggs, milk, sesame oil, salt and pepper in a bowl; set aside.

Place a non-stick frying pan over high heat until hot. Add 1 tbsp oil, swirling to coat sides. Add shrimp; stir-fry 1 minute. Remove from pan.

Add remaining oil to pan, swirling to coat sides. Add egg mixture; cook, stirring, until softly set. Return shrimp to pan; add bell pepper, peas and green onions; gently toss for 30 seconds.

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