



Recipes

Fish

Stir-Fried Seafood with Asparagus

Prep Time: 25 minutes

Yield: 4 servings

Ingredients:

- 1 medium onion, cut in half and sliced medium thick
- 1 tablespoon chicken or vegetable broth
- 1 tablespoon minced fresh ginger
- 3 medium cloves garlic, chopped
- 2 cups fresh sliced shiitake mushrooms
- 1 bunch thin asparagus, cut in 2" lengths (discard bottom fourth)
- ¼ cup fresh lemon juice
- 2 tablespoons gluten free tamari sauce or soy sauce
- 2 tablespoons mirin wine
- pinch red pepper flakes
- ¾ lb cod fillet, cut into 1 inch pieces
- 8 large scallops
- 8 large shrimp, peeled and deveined
- 1 cup cherry tomatoes cut in quarters
- ¼ cup chopped fresh cilantro
- salt and white pepper to taste

Directions:

1. Slice onion and chop garlic.
2. Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Stir-Fry onion in broth over medium high heat for 2 minutes, stirring constantly. Add ginger, garlic, mushrooms and asparagus. Continue to stir-fry for another 3 minutes, stirring constantly.
3. Add lemon juice, tamari, mirin, red pepper flakes, scallops, and shrimp and stir to mix well. Cover and simmer for just about 5 minutes stirring occasionally on medium heat.
4. Toss in tomatoes, cilantro, salt and pepper.