

Stir-Fried Jerk Shrimp and Peppers



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Ingredients

- 2 tablespoons jerk sauce
- 1 tablespoon orange juice
- 3 medium uncooked scallion(s)
- 4 teaspoons peanut oil, or vegetable oil
- 1 tablespoon minced garlic
- 1 pound(s) uncooked shrimp, large, peeled, deveined, patted dry
- 3 cup(s), sliced orange bell pepper, and yellow beller peppers strips (1/4-inch wide)
- ½ teaspoon table salt

Method

1. Combine jerk sauce and orange juice in small bowl; set aside. Thinly slice scallions, separating green sections from white sections.

2. Heat a 14-inch flat-bottomed wok (or 12-inch skillet) over high heat until a bead of water vaporizes within 1 to 2 seconds of contact; swirl in oil. Add white parts of scallion and garlic; stir-fry 10 seconds or until fragrant. Push scallion mixture to sides of wok and carefully add shrimp; spreading them evenly in one layer. Cook undisturbed, 1 minute, until shrimp begin to sear; using a metal spatula, stir-fry 30 seconds, incorporating scallion mixture, until shrimp are orange but not cooked through.

3. Add peppers and sprinkle with salt; stir-fry 15 seconds or until just combined. Swirl in jerk sauce mixture; stir-fry 1-2 minutes or until shrimp are just cooked and vegetables are tender-crisp. Sprinkle on scallion greens; serve.

Prep

- Prep: 25 Minutes
- Cook: 5 Minutes
- Total Time: 30 Minutes

Source: Weight Watchers (Servings: 4 | Yield: 1 1/2 cups per serving)