

Stir-Fried Shrimp with Snow Peas, Ginger & Cashews

Serves 2

INGREDIENTS

Shrimp & Vegetables

- 340 g large shrimp, peeled and deveined (see cooked-shrimp variation)
- 150 g snow peas, strings removed
- 1 scallion, chopped (≈15 g)
- 30 g cashews or walnuts, roughly chopped



Marinade / Sauce

- 120 g chicken stock, ~½ strength (per Stock Strength & Sodium system)
- 1 tsp / 6 g Shaoxing wine or dry sherry
- 1 tsp / 6 g low-sodium soy sauce
- 1 tsp / 3 g cornstarch
- ½ tsp / 2 g sugar
- ⅛ tsp ground white pepper

Aromatics & Oil

- 12 g neutral oil (1 T)
- 6 g garlic, minced
- 3 g fresh ginger, minced

Salt

- ¼ tsp / 1.5 g salt + MSG blend, divided

INSTRUCTIONS (RAW SHRIMP)

1. Pat shrimp very dry. Lightly sprinkle with half the salt+MSG.
2. Whisk all sauce ingredients until smooth.
3. Heat wok or skillet over medium-high. Toast nuts briefly; remove.
4. Add oil, raise heat to high, and cook shrimp 1–2 minutes per side until just pink. Remove.
5. Lower heat slightly; add garlic and ginger (5–10 seconds), then snow peas* and remaining salt+MSG (45–60 seconds).
6. Stir sauce, add to pan, bring to a boil. Return shrimp and nuts; toss 20–30 seconds until coated.
7. Off heat, fold in scallions and serve immediately.

COOKED-SHRIMP VARIATION (IMPORTANT)

If using pre-cooked shrimp (common in Japan):

- Use the same weight: 300–320 g cooked shrimp.
- Skip initial shrimp-cooking step entirely.
- * After snow peas are cooked, add cooked shrimp directly with the sauce.

- Toss only 20–30 seconds, just until shrimp are heated through.
- Do NOT simmer, or shrimp will become rubbery.

Flavor note: cooked shrimp are slightly sweeter; reduce sugar to ¼ tsp if desired.

NOTES

- Cashews give classic sweetness; walnuts are earthier and pair well with brown rice or quinoa.
- Sauce relies on stock + soy for balance; avoid extra salt.
- White pepper keeps the profile clean and non-spicy.

NUTRITION (Approximate, Raw Shrimp Version)

Per serving:

Kcal: 390 | Protein: 34 g | Fat: 18 g | Sat. Fat: 2.5 g | Carbs: 18 g | Sugars: 3 g |
Fiber: 3 g | Sodium: ~620 mg | Omega-3: 0.45 g

Whole dish:

Kcal: 780 | Protein: 68 g | Fat: 36 g | Sat. Fat: 5 g | Carbs: 36 g | Sugars: 6 g |
Fiber: 6 g | Sodium: ~1,240 mg | Omega-3: 0.9 g