

WHAT'S 4 DINNER?

#RECIPESTHATDISH



Sheet Pan Shrimp “Stir Fry”

March 10, 2022

This recipe cooks in less than 7 minutes. Yes, you read that right. In fact, it will probably take your oven longer to preheat than it will for you to assemble the whole meal. This recipe was designed for laziness (we like that here), for as few dishes as possible, and for a high-flavor reward with very little work. If you're making this for more than 2 people, double the recipe and cook in two batches. Look for shrimp that are “Jumbo” (21-30 per pound) or “Super Jumbo” (16-20 per pound), anything smaller will cook in half the time listed below.

Serves 2

Ingredients:

- 1-2 Tablespoons Gochujang (depending on taste)
 - 2 Tablespoons Soy sauce or Tamari
 - 2 Tablespoons Honey or Maple Syrup
 - 1 teaspoon Toasted Sesame Oil
 - 1 Tablespoon grated or minced Ginger (from a 3” piece)
 - 4 Cloves of Garlic, grated or minced
 - 3 Scallions, sliced thinly; whites and greens separated
 - 1 pound jumbo Shrimp, peeled & deveined
 - 1/2 pound (8 ounces) Haricot Vert or thin green beans
 - 1 small Bell Pepper, sliced into strips the same size as green beans
- Cooking spray
Toasted Sesame Seeds, for garnish
White rice or Noodles, for serving

Method:

1. Move an oven rack to about 6” below your broiler (if your broiler is in a drawer below the oven, skip this step). Preheat the broiler on high (500°F) while you prepare the other ingredients.
2. In a large mixing bowl, combine gochujang, soy sauce, honey, and sesame oil. Grate ginger and garlic over the mixture, and whisk together until smooth-ish and emulsified. Add in white and light green parts of the scallions (reserving the dark green parts for garnish).
3. Toss sliced bell peppers, green beans, and shrimp in the sauce until well-coated. Spray a foil-lined baking sheet lightly with cooking spray. Using tongs, arrange the mixture in an even layer on the baking sheet, leaving behind any excess marinade.
4. Once oven has preheated, broil until the shrimp are cooked through, about 4-5 minutes (depending on size and temperature of the shrimp when you place in the oven). If shrimp are cooked before vegetables become charred in spots, remove them to a plate and continue cooking the vegetables 2-3 minutes longer.
5. Spoon portions over rice or noodles, and garnish with reserved scallions and sesame seeds.