

Healthy Stir-Fried Shrimp with Asparagus and Mushrooms in Minutes

Stir-Fried Shrimp, Asparagus, and Mushrooms



STIR-FRIED SHRIMP, ASPARAGUS, AND MUSHROOMS

You Will Need

- 1 pound shrimp, peeled and deveined
- 1 pound asparagus, trimmed
- 8 ounces cremini mushrooms, sliced
-

TIME

1 to 2 min

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INGREDIENTS

- 1 pound shrimp, peeled and deveined
- 1 pound asparagus, trimmed
- 8 ounces cremini mushrooms, sliced
- 4 to 6 cloves garlic, peeled
- 2 tablespoons olive oil
- 1 tablespoon soy sauce, or tamari for gluten-free
- 1 teaspoon black pepper
- Salt, to taste
- Optional: 1 tablespoon butter for added richness

DIRECTIONS

1. Prep all your ingredients before starting, since stir-frying moves quickly. Trim the asparagus into bite-sized pieces, slice the mushrooms, and mince or finely chop the garlic.
2. Pat the shrimp dry and season lightly with a little salt and black pepper.
3. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat.
4. Add the shrimp and cook for about 1 to 2 minutes per side, until pink and just cooked through. Remove from the pan and set aside.
5. Add the remaining tablespoon of olive oil to the skillet.
6. Add the asparagus and mushrooms and stir-fry for 4 to 6 minutes, until the mushrooms are tender and the asparagus is crisp-tender.
7. Stir in the garlic and cook for about 30 seconds to 1 minute, just until fragrant.
8. Return the shrimp to the pan and add the soy sauce and black pepper. Toss everything together until well coated and heated through.
9. If using butter, stir it in at the very end for extra richness.
10. Taste and adjust salt if needed, then serve immediately.

SWAPS & NOTES

Large shrimp work especially well here because they stay juicy

and make the stir-fry feel substantial, but medium shrimp can also be used.

Just keep a close eye on the cooking time, since smaller shrimp can overcook quickly.

Cremini mushrooms add a hearty, earthy flavor, though white

mushrooms or shiitake mushrooms would also be delicious.

Asparagus brings freshness and texture, but if you need to swap it, broccoli or snap peas would fit the same style of dish.

TIPS FOR SUCCESS

The biggest key to a good stir-fry is having everything ready before the pan gets hot.

Once you start cooking, the recipe moves quickly, so it helps to have the shrimp cleaned, the vegetables cut, and the garlic ready to go.

Do not overcrowd the pan, especially when cooking the shrimp.

If the pan is too full, the shrimp will steam instead of sear, and you will lose some of that nice texture.

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