

Miso Shrimp & Veggies

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Tamari
1 1/2 tbsps Miso Paste
1/2 tsp Sesame Oil
9 ozs Shrimp (large, peeled, deveined)
2/3 cup Matchstick Carrots
1 Red Bell Pepper (sliced)
3 tbsps Organic Vegetable Broth
1/2 tsp Arrowroot Powder
3 cups Kale Leaves (roughly chopped)
1/2 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	203	Cholesterol	205mg
Fat	4g	Sodium	1892mg
Carbs	14g	Vitamin A	6413IU
Fiber	5g	Vitamin C	108mg
Sugar	7g	Calcium	188mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 In a small bowl, whisk together the tamari, miso paste and sesame oil.
- 02 In a skillet over medium heat, add the shrimp, carrots and pepper. Pour the tamari mixture over top and cook for 3 minutes.
- 03 In a small bowl whisk together the vegetable broth and arrowroot powder to create a slurry. Add the slurry to the skillet, along with the kale. Cover and cook for 3 to 4 minutes.
- 04 Divide between plates and garnish with sesame seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add chili flakes, minced garlic or lime juice.

SERVE IT WITH

Serve over top of rice, cauliflower rice or quinoa.

NO VEGETABLE BROTH

Use bone broth instead.

