

JESSICA'S ASIAN STIRFRY



Gather together the following ingredients:

- Package of Trader Joe's frozen "Seafood Blend" or any frozen or fresh mixture of shrimp, scallops, calamari, etc
- Any style of fresh or frozen Asian-ish veggies like portabella mushrooms, scallions, snow peas, snap peas, bamboo shoots, water chestnuts, bok choy, asparagus, etc
- 1 organic zucchini for each person that's eating
- Oil of choice (sesame, coconut, and avocado oil all taste good with this!)
- Coconut Amino Acids
- Spiralizer
- 2 sauté pans and whatever stir-fry utensils you prefer
- Raw sesame seeds

Cook the fish and veggies in separate pans in oil and aminos (note that the TJ's frozen blend cooks in only about 8 minutes!), then combine and set aside while you spiralizer the zucchinis...each person gets a plateful of "noodles" topped with the fish/veggie mixture. Top with additional coconut amino acids and sesame seeds if you like.

TO ADD A TASTE OF THAILAND: after the veggies are done, add aminos and coconut milk to the pan and cook until rendered down. Pour over each dish.

FOR A MORE VIETNAMESE TASTE: use Low-Sodium Vietnamese Fish Sauce (available in most grocery stores in the International Food Aisle) in lieu of Coconut Aminos or simply top each dish at the end with Fish Sauce