

# Chinese Shrimp Stir-Fry

by Healing Family Eats

Serves 4

2 tbsp avocado oil  
2 large carrots, cut into 2+3/4 inch batons  
1 small fennel, cut into slices  
3+1/2 inch piece daikon, cut into 1+3/4 inch batons  
1 medium zucchini, chopped into 3/4 inch cubes  
6 asparagus spears, cut into 2+1/2 inch pieces  
6 oz mixed wild mushrooms (or shiitakes), sliced  
1/2 cup chicken broth  
16-20 large shrimp  
8 oz can bamboo shoots  
8 oz can water chestnuts  
2 tbsp ume plum vinegar  
2 tsp fish sauce  
3 tbsp coconut aminos  
2 tsp arrowroot



Heat a large wok or sauté pan on a medium-high temperature. Add the avocado oil and carrots and stir-fry 2 minutes. Add the fennel and cook 2 minutes. Now add in the daikon, zucchini, asparagus and mushrooms and continue cooking for a further minute.

Put the heat up to high and add the broth and shrimp. Cook for 2 minutes, making sure the shrimp make it down to the base of the pan where they'll get more heat. Add the bamboo shoots and water chestnuts, and pour in the ume plum vinegar, fish sauce and coconut aminos. Cook until the liquid is bubbling and bamboo shoots/water chestnuts heated through.

Put the arrowroot into a small bowl and add 2 tablespoons water. Mix together and pour into the pan. Cook for a final minute or two, stirring until the sauce has thickened.

Serve on cauli rice, or basmati rice (stage 4 reintroduction).