

# Szechuan Shrimp Stir Fry With Fried Rice

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mixed-vegetable-stir-fry-recipe-cider-vinegar>

## Ingredients:

- 12 medium shrimp
- 4 cups mixed vegetables broccoli, red pepper, green pepper, carrots, green beans, peapods, sugar snap peas, water chestnuts, mushrooms...
- 2/3 cup sauce Szechuan
- 2 tablespoons olive oil or sesame, peanut, or canola oil
- 2 cups cooked rice cook rice according to directions or use previously cooked, leftover rice, or bagged rice like Uncle Ben's Ready Ri...
- 2 tablespoons olive oil or sesame, peanut, or canola oil
- 1 egg
- 1/2 cup vegetables diced, optional, carrots, peas, water chestnuts, mushrooms, peppers, bean sprouts, same vegetables used in stir fry...

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 160 milligrams
4. Fat: 36 grams
5. Fiber: 17 grams
6. Protein: 23 grams
7. SaturatedFat: 5 grams
8. Sodium: 610 milligrams
9. Sugar: 8 grams

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