



Black-Bean Shrimp with Chinese Broccoli

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth homemade canned store-bought reduced-sodium (reserved from winter melon soup) (if)
- ☐ 2 teaspoons cornstarch
- ☐ 3 tablespoons rice wine chinese (preferably Shaoxing)
- ☐ 2 tablespoons fermented black beans rinsed chopped
- ☐ 1 inch ginger fresh peeled very thin cut into matchsticks
- ☐ 2 garlic clove minced
- ☐ 3 teaspoons soy sauce light (preferably Pearl River Bridge brand)
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon sesame oil
- ☐ 1.5 lb shrimp deveined peeled per lb), and
- ☐ 1 teaspoon sugar
- ☐ 0.5 irish oats fresh to taste (including seeds)
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 lb broccoli chinese (broccoli)

Equipment

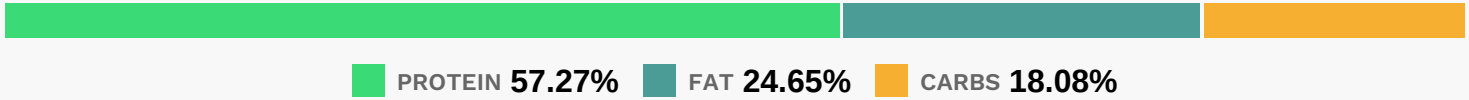
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ wok
- ☐ kitchen towels

Directions

- ☐ Stir together broth, rice wine, soy sauce, cornstarch, sugar, and salt in a small bowl until cornstarch is dissolved.
- ☐ Remove any bruised or withered outer leaves from gai lan, then trim and peel stalks, halving thick ones lengthwise.
- ☐ Cut crosswise into 2 1/2-inch pieces, separating leafy parts from thick stems.
- ☐ Cook stems in a 6- to 8-quart pot of boiling salted water, uncovered, until crisp-tender, about 3 minutes.
- ☐ Add leafy parts and cook until all of gai lan is just tender, 3 to 5 minutes.
- ☐ Drain well, then transfer to a clean kitchen towel and pat dry.
- ☐ Transfer to a large dish and keep warm, loosely covered with foil.
- ☐ Pat shrimp dry.
- ☐ Heat wok over high heat until a drop of water vaporizes instantly.

- ☐ Pour peanut oil around side of wok, then tilt wok to swirl oil, coating side. When oil just begins to smoke, add ginger and stir-fry 5 seconds.
- ☐ Add black beans, garlic, and jalapeño and stir-fry 1 minute. Working quickly, add shrimp, spreading in 1 layer on bottom and side of wok. Cook, undisturbed, 3 minutes, then stir-fry until shrimp are just pink on both sides, about 1 minute more. Stir broth mixture, then add to shrimp and bring to a boil. Boil, stirring, 2 minutes.
- ☐ Remove from heat and drizzle with sesame oil, then stir to combine.
- ☐ Pour shrimp and sauce over gai lan.
- ☐ Gai lan can be trimmed and cut 1 day ahead and chilled in sealed plastic bags lined with paper towels. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:16.597825967747%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 179.49kcal (8.97%), Fat: 4.92g (7.58%), Saturated Fat: 1g (6.24%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 5.5g (2%), Sugar: 2.13g (2.37%), Cholesterol: 146.54mg (48.85%), Sodium: 420.82mg (18.3%), Alcohol: 0.91g (100%), Alcohol %: 0.56% (100%), Protein: 25.75g (51.49%), Vitamin C: 76.14mg (92.29%), Vitamin K: 90.4µg (86.09%), Phosphorus: 272.31mg (27.23%), Copper: 0.39mg (19.6%), Potassium: 535.54mg (15.3%), Folate: 54.49µg (13.62%), Zinc: 1.99mg (13.28%), Magnesium: 53.1mg (13.27%), Manganese: 0.23mg (11.65%), Vitamin A: 563.94IU (11.28%), Fiber: 2.62g (10.5%), Vitamin B6: 0.2mg (10.03%), Calcium: 100.16mg (10.02%), Selenium: 5.89µg (8.41%), Iron: 1.44mg (7.98%), Vitamin B2: 0.12mg (7.26%), Vitamin E: 0.87mg (5.83%), Vitamin B3: 1.11mg (5.53%), Vitamin B5: 0.5mg (5.02%), Vitamin B1: 0.06mg (4.23%), Vitamin B12: 0.19µg (3.2%)