



# AADI Recipe

## - Stir Fry Noodles with Shrimp

A crowd pleaser for both grown-ups and the kids. Complete the meal with your favorite fruit as dessert.

### Ingredients:

- 10 ounces cellophane noodles
- 6 tablespoons hoisin sauce
- 1 tablespoon fish sauce
- 1 packet sucralose\*
- 1½ tablespoons peanut oil
- 2/3 red bell pepper, julienned
- 3 cups Chinese broccoli, roughly cut
- 1½ cups low sodium chicken broth
- 12 ounces frozen cooked shrimps, defrosted
- 1 2/3 cups fresh bean sprouts

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 50
<b>% Daily Values*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 1050mg	<b>44%</b>
<b>Total Carbohydrate</b> 55g	<b>18%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 16g	<b>32%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Directions:

1. Soak the cellophane noodles in warm water for 20 minutes. Drain and set aside.
2. In a small bowl, combine the hoisin sauce, fish sauce and sucralose. Set aside.
3. In a large wok or frying pan, heat the peanut oil over high heat. Add the red bell pepper and broccoli and stir-fry, stirring constantly with a spatula or wooden spoon, 2-3 minutes.
4. Add the noodles, chicken broth and shrimp. Cover, lower the heat and steam for 2 minutes. Uncover, add the premixed sauce and bean sprouts. Stir well and serve immediately.

**Servings: 6**

### Cooking Tips:

To use fresh raw shrimp, dice the shrimp and cook with a tablespoon of canola oil and a clove of minced garlic in a small frying pan until done, about 2 minutes.



*\*Sucralose is an artificial sweetener that contains no carbohydrate or calories. It can be purchased under the brand name Splenda or Nevella. You may substitute sucralose with the same amount of granulated sugar (1 packet of sucralose = 1 packet/1 teaspoon of sugar). Each teaspoon of sugar contains about 4 g of carbohydrate and 16 kcal.*