

Plate Dream

Shrimp and Asparagus Stir-Fry with Mushrooms

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 bunch asparagus, trimmed and cut into 2-inch pieces
- [ ] 8 oz baby bella mushrooms, sliced
- [ ] 2 tbsp vegetable oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, minced

Sauce

- [ ] 3 tbsp soy sauce (or tamari for gluten-free)
- [ ] 1 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 1 tsp lemon juice

Instructions

1. Pat shrimp dry, then season lightly with a pinch of salt and pepper.
2. Heat 1 tbsp oil in a large skillet over medium-high heat; add shrimp and sear 1-2 minutes per side until pink. Remove and set aside.
3. Add remaining oil, then toss in garlic and ginger; stir for 30 seconds until fragrant.
4. Add asparagus and stir-fry 2-3 minutes, keeping the spears bright-green and crisp.
5. Introduce mushrooms, cooking until they soften and begin to brown, about 2 minutes.
6. Return shrimp to the pan, pour the sauce mixture over everything, and toss to coat. Cook another minute until sauce glazes the ingredients.
7. Finish with a splash of lemon juice, give a final stir, and serve immediately.

Nutrition per serving

320 kcal	30 g	18 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water.
- For extra crunch, sprinkle toasted sesame seeds just before serving.
- Taste and adjust salt or honey before the final toss.