Shrimp and Cabbage Stir-Fry

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 large egg white
- 1 tablespoon plus 2 teaspoons cornstarch
- 1 tablespoon plus 1 teaspoon soy sauce
- 1 1/4 pounds medium shrimp, peeled and deveined
- 2 teaspoons hoisin sauce
- 1 1/2 teaspoons sherry vinegar or rice wine vinegar
- 1/2 cup low-sodium chicken broth or water
- 2 tablespoons vegetable oil
- 4 scallions, cut into 1/2-inch pieces, white and green parts separated
- 1 tablespoon finely grated peeled ginger
- 1 clove garlic, finely grated
- 1 pound Napa cabbage (1/2 head), cut into 1-inch pieces
- Cooked white rice, for serving (optional)

Instructions

Whisk the egg white, 1 tablespoon cornstarch and 1 teaspoon soy sauce in a large bowl until frothy. Add the shrimp and toss to coat. Refrigerate 10 minutes. Meanwhile, whisk the hoisin sauce, vinegar and the remaining 1 tablespoon soy sauce and 2 teaspoons cornstarch in a small bowl, then whisk in the chicken broth. Set aside.

Drain the shrimp. Heat the vegetable oil in a wok or large skillet over medium-high heat, then stir-fry the scallion whites, ginger and garlic, about 30 seconds. Add the shrimp and stir-fry until almost cooked through, about 3 minutes. Add the cabbage and stir-fry until wilted and the shrimp are just cooked through, about 2 more minutes.

Stir the hoisin sauce mixture, then add to the wok and simmer, stirring occasionally, 2

minutes. Stir in the scallion greens. Serve with rice, if desired.

Per serving: Calories 262; Fat 10 g (Saturated 1 g); Cholesterol 219 mg; Sodium 516 mg; Carbohydrate 10 g; Fiber 2 g; Protein 32 g

Photograph by Antonis Achilleos