

BELL PEPPER-LEEK STIR-FRY WITH SHRIMP AND SALAD

2 persons / 414 kcal per portion

Ingredients:

- 1 tablespoon oil
- 2 medium sized onions
- 1 bell pepper
- 200 grams leek
- 100 grams shrimp
- 2 tablespoons stir-fry sauce oyster-garlic
- 125 grams white rice
- 2 tomatoes
- 100 grams iceberg lettuce
- parsley



Preparation:

Cook the rice as described on the package. Chop the onion. Cut the leek into rings. Cut the bell pepper into half strips. Cut the tomatoes into quarters and remove the seeds, further dice the tomatoes. Mix the lettuce with the tomatoes in a bowl. Heat the oil in a wok and fry the onion for 2 minutes, add the leek and bell pepper and stir-fry for 4 minutes. Add the stir-fry sauce and heat for 2 minutes. Add the shrimp and heat for 1 minute. Serve stir-fry with rice. Decorate with parsley.