



# Mixed Seafood Stir-Fry with Ginger and Garlic



4 Servings



25 minutes

## Ingredients :

- Shrimp
- Scallops
- Squid rings
- Fresh ginger
- Garlic cloves
- Soy sauce
- Sesame oil
- Vegetable oil
- Bell pepper
- Snap peas
- Green onions
- Black pepper
- Salt



## Instructions :

1. Clean and pat dry the shrimp , scallops , and squid to remove excess moisture .
2. Peel and finely grate the ginger , then mince the garlic cloves .
3. Heat vegetable oil in a large pan or wok over high heat until hot .
4. Add ginger and garlic to the pan and stir quickly until fragrant .
5. Add the shrimp , scallops , and squid , stirring constantly to cook evenly .
6. Toss in the bell pepper and snap peas and cook for two minutes until slightly tender .
7. Drizzle in soy sauce and sesame oil , then season with salt and black pepper .
8. Stir-fry for another one to two minutes until the seafood is just cooked through .
9. Remove from heat , garnish with sliced green onions , and serve immediately .