



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.