



# Shrimp and Scallop Pineapple Stir Fry

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Description: A really good shellfish stir fry. Takes a while, but well worth it.

Categories: Main Dish - Oriental

Preparation Time: 30 minutes

Start to Finish Time: 2 hours 45 minutes

Inactive Time: 2 hours

Servings: 4

## Ingredients - Sauce

4 lg Garlic cloves, diced

1 pinch Red Pepper

Flakes

2 1/2 T Garlic Infused

Olive Oil

1/4 c Hoisin Sauce

1 T Heinz Chili Sauce

1/4 c Water

1 T Sesame Oil

1 T Cornstarch

## Ingredientenets - Seafood

2 T Vegetable Oil

1 lb Shrimp, peeled and de-veined, 30 count

1 lb large Scallops

3 lg Garlic cloves, chopped

1/2 T Ginger, grated

1/2 lg Onion, chopped

5 ozs Water Chestnuts, sliced

3 med Scallions, diagonal slice

1 ea mini Yellow, Orange and Red Sweet Pepper, thin sliced

1 1/4 c Broccoli flowerets, cut med

1 c baby multi-colored heirloom Carrots, thin sliced

1 c Celery, diagonal cut

1 1/4 c Mushrooms, sliced

8 ozs medium diced Pineapple chunks, drained and juice reserved

## or Directions - Sauce -

1) Combine all ingredients in a large bowl. Marinate the shrimp and scallops for 2 - 3 hours refrigerated.

## Directions - Stir Fry -

1) Add the vegetable oil to a med hot stir fry pan. Add the onion, water chestnuts, sweet peppers, broccoli, carrots and celery. Cook about 5 minutes.

2) Add the shrimp and scallops, reserving the liquid. Stir fry until the shrimp are just turning pink, 3 minutes. Add the garlic and ginger and stir fry for 2 minutes. Add the mushrooms and stir fry for 2 minutes. Add the pineapple chunks and cook for 1 minute. Add the reserved marinade and stir fry until thick. Add the scallions and toss to mix.

3) Serve with or over Coconut Rice and/or Chow Mein Noodles.

