



Easy Shrimp Stir-Fry Freezer Pack Recipe

Introduction

If you're looking for a meal that is both quick and delicious, the Shrimp Stir Fry Freezer Pack from Damn Delicious is the perfect solution. This dish combines tender shrimp with vibrant vegetables, all tossed in a savory sauce. Not only does it make for a satisfying dinner, but it can also be prepared ahead of time and stored in the freezer, making it an excellent option for busy weeknights.

Detailed Ingredients with measures

1½ pounds medium shrimp, peeled and deveined
1 bell pepper, chopped
1 cup sugar snap peas
2 carrots, peeled and grated
16 ounces (about 3 cups) broccoli florets
1 tablespoon olive oil
1 teaspoon sesame seeds
1 green onion, thinly sliced

For the Sauce:

3 tablespoons reduced sodium soy sauce
2 tablespoons oyster sauce
1 tablespoon rice wine vinegar
1 tablespoon packed brown sugar
1 tablespoon freshly grated ginger
3 cloves garlic, minced
1 teaspoon sesame oil
1 teaspoon cornstarch
1 teaspoon Sriracha (optional)

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 8-10 minutes

Total Time: 25 minutes

Yield: 4 servings

This Shrimp Stir Fry Freezer Pack is not just easy to make, but also a nutritious and flavorful option ready to be enjoyed in no time. Enjoy your cooking!

Detailed Directions and Instructions

Prepare the Sauce

In a large bowl, whisk together the soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil, cornstarch, and Sriracha (if using).

Marinate the Shrimp

Add the shrimp to the sauce and gently toss to combine.

Assemble the Freezer Pack

In a gallon-sized Ziploc bag or large bowl, combine the shrimp mixture with the chopped bell pepper, sugar snap peas, grated carrots, and broccoli florets.

See also [Chocolate Peanut Butter Pie](#)

Freeze

Seal the bag, removing as much air as possible, and freeze for up to 1 month.

Cook

When ready to cook, heat the olive oil in a large skillet over medium-high heat. Add the frozen shrimp and vegetable mixture directly to the skillet. Cook, stirring occasionally, until the shrimp is cooked through

and the vegetables are tender, about 8-10 minutes.

Serve

Serve immediately, garnished with sesame seeds and sliced green onion, if desired.

Notes

Freezer Storage

This freezer pack can be stored for up to 1 month; be sure to label the bag with the date.

Cooking Time

Cooking times may vary depending on your stovetop heat; keep an eye on the shrimp and vegetables to avoid overcooking.

Vegetable Variations

Feel free to substitute vegetables based on your preference or seasonal availability.

Spice Level

Adjust the amount of Sriracha used in the sauce to suit your heat preference.



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Cook Techniques

Preparing the Sauce

Whisking together the sauce ingredients evenly distributes flavors and ensures a smooth consistency for marinating the shrimp.

Marinating the Shrimp

Allowing the shrimp to sit in the sauce enhances its flavor, making the dish more delicious once cooked.

Assembling the Freezer Pack

Combining all ingredients in a Ziploc bag helps save space in your freezer and makes meal prep convenient.

Cooking from Frozen

Adding the frozen shrimp and vegetable mixture directly to the skillet saves time, making this dish quick and easy to prepare.

Garnishing the Dish

Sprinkling sesame seeds and green onions on top adds a fresh crunch and visual appeal to your finished dish.

See also [Coconut Cream Pie Cookie Cups](#)

FAQ

Can I use different vegetables in the stir fry?

Yes, you can customize the vegetable mix based on your preferences or what you have on hand.

How long can I store the freezer pack?

The freezer pack can be stored for up to 1 month for best quality.

Can I use raw shrimp, or is pre-cooked shrimp necessary?

Raw shrimp is recommended for the best texture; pre-cooked shrimp may become rubbery if cooked again.

Is it possible to make this dish gluten-free?

Yes, use gluten-free soy sauce and ensure that the oyster sauce is also gluten-free.

Can I add more spice to the dish?

Absolutely! Feel free to adjust the amount of Sriracha or add other spicy ingredients to suit your taste.

Conclusion

This Shrimp Stir Fry Freezer Pack is an excellent meal prep solution for busy nights. With fresh vegetables and succulent shrimp tossed in a flavorful sauce, it delivers a delicious dish in just minutes. The convenience of preparing in advance and cooking straight from the freezer makes it a must-try for anyone looking to save time without sacrificing flavor.

Chicken and Vegetable Stir Fry

Swap shrimp for sliced chicken breast and use similar vegetables or try adding snow peas and bok choy for a different texture and flavor profile.

Tofu and Broccoli Stir Fry

For a vegetarian option, replace shrimp with firm tofu. Marinate the tofu in the same sauce for a delicious plant-based meal packed with protein.

Beef and Pepper Stir Fry

Substitute shrimp with thinly sliced beef and include colorful bell peppers and snap peas for a hearty, satisfying dish.

See also Gingerbread biscuits like Toruń's

Vegetable Medley Stir Fry

Create a veggie-only version by increasing the quantity of your favorite vegetables such as zucchini, carrots, and bell peppers, and use the same sauce for a flavorful, healthy meal.

Coconut Shrimp Stir Fry

Incorporate some coconut milk into the sauce for a creamy twist, and add bell peppers and snap peas for tropical flair, enhancing the dish's richness.



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