

PREPARATION: 15 MINUTES

COOKING: 10 MINUTES

4 SERVINGS

SWEET AND SOUR SHRIMP

INGREDIENTS

½ cup pineapple juice

¼ cup water

¼ cup white vinegar

¼ cup sugar

2 tablespoons corn starch

2 tablespoons olive oil

450g shrimp, peeled, tails on

½ cup carrots, cut into matchsticks

2 garlic cloves, chopped

1 teaspoon fresh ginger, grated

⅛ teaspoon white pepper

1 teaspoon fresh parsley, finely chopped (optional)

⅔ cup white rice, uncooked



Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 3 Starch + ½ Vegetable

Calories **358Kcal**

Protein **18g**

Carbohydrates **51g**

Fibre **1g**

Total Fat **8g**

Saturated Fat **1g**

Cholesterol **142mg**

Sodium **651mg**

Potassium **290mg**

Phosphorus **337mg**

PREPARATION

- 1** In a bowl, combine pineapple juice, water, vinegar, sugar and corn starch.
- 2** Cook the rice according to instructions on the package.
- 3** In a non-stick frying pan, heat olive oil over medium-high heat. Add the shrimp, carrots, garlic and ginger. Stir fry until the shrimp are cooked and turn colour.
- 4** Whisk the liquid from step 1 again and add it to the shrimp and vegetables by stirring constantly until the sauce thickened. Season with pepper.
- 5** Sprinkle with parsley and serve with white rice.