



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### FIERY FRUITS DE MER

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

1 tablespoon extra-virgin coconut oil  
2 shallots – halved lengthwise & finely sliced  
2 red chili peppers – finely sliced  
3 cloves garlic – finely chopped or crushed  
½ teaspoon coarse ground black pepper  
12 ounces mixed seafood (seafood medley)  
1 pound bean sprouts  
6 green onions – sliced  
1 tablespoon fresh lime juice  
1 tablespoon fish sauce

#### **Preparation:**

Preheat a large wok on high heat and add the coconut oil.

All at once, add the shallots, chili peppers, garlic, and black pepper to the wok, stirring constantly for one minute.

Add the seafood, continuing to stir for two minutes.

Place the bean sprouts, green onions, lime juice and fish sauce into the wok, stirring for one more minute.

Remove from heat and serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 145  
Fat: 5g  
Carbs: 9g  
Fibre: 2g  
Protein: 17g