

Easy Shrimp, Vegetable Dinner In Wine Sauce (gluten-free)

The Daily Basil Blog
3 Portions

Prep Time 5 minutes
Cook Time 15 minutes

Instructions

- 1 Cook your rice as you normally would and put 1/2 cup on each plate. I prefer brown rice.
- 2 Rinse and chop the vegetables into large bite-sized pieces. Sauté the onion and garlic for 2 minutes then add the rest of the vegetables and sauté for 6 to 10 minutes, depending on how soft you like them. Add a dash of salt and pepper. Remove the vegetables from the pan.
- 3 Rinse the shrimp and put between 2 or 3 layers of paper towel and pat dry. Put oil or butter in the pan and heat. Add the shrimp. Shrimp cook very fast so do not leave them. Stir the shrimp and make sure to cook each piece on both sides. You will know that the shrimp is done when it goes pink or slightly pink and when they curl uptight. Note: Small shrimp will cook in one minute. Larger ones can cook in 3 minutes. DO NOT OVERCOOK. The texture goes rubbery. Remove the shrimp from the pan. I cooked mine to 155 F internal temperature.
- 4 Melt the butter in the pan. Mix a little wine with the corn starch. Pour the wine into the melted butter. Add the corn starch/wine mixture. Add a dash of salt, pepper, dry mustard, and Italian seasoning. Stir and keep stirring until the mixture comes to a boil. Stir and boil for 1 minute then remove from the heat.
- 5 Add a little salt, pepper, and lemon juice to the shrimp. Stir.
- 6 Add the vegetables and shrimp to the plate. Pour on some sauce and Enjoy!

[Watch the video](#). Or get the recipe [here](#).

Cooking

A show of love

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YouTube-[Debbie Esplin](#)

Ingredients

20 Medium Shrimp, or any size , tails removed
1 Bell Pepper
1 Zucchini
5 Mushrooms
1/2 Onion, if desired
1 Garlic clove, if desired
Oil or butter for sauteeing
15 mL (1 tbsp.) Lemon Juice

30 mL (2 tbsp.) Butter
1—2 tbsp. Corn Starch
250 mL (1 cup) White Wine, or more or less to get the thickness of sauce you want

Salt, pepper, mustard powder, Italian seasoning

1/2 cup cooked rice per person

This recipe is **Gluten-Free**.

Note: This recipe can be made smaller or bigger by adjusting the quantity of shrimp and vegetables.

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Gluten-Free

