

Shrimp Stir-Fry with Bell Peppers and Carrots

Ingredients:

- 1 lb large shrimp (peeled and deveined)
- 1 red bell pepper (sliced)
- 1 yellow bell pepper (sliced)
- 2 carrots (sliced thin)
- 2 tbsp garlic-infused olive oil (FODMAP-friendly version)
- 1 tbsp tamari (gluten-free soy sauce)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp sesame seeds

Instructions:

- 1 **Stir-fry shrimp:** Heat garlic-infused olive oil in a large skillet or wok over medium-high heat. Add shrimp and cook for 3-4 minutes until pink. Remove and set aside.
- 2 **Cook the vegetables:** In the same skillet, add sesame oil and sauté the bell peppers and carrots for 5-7 minutes until tender-crisp.
- 3 **Combine:** Return shrimp to the pan. Add tamari, rice vinegar, and a pinch of sesame seeds. Stir to coat everything well and cook for another 2-3 minutes.
- 4 **Serve:** Serve the stir-fry on its own or over a bed of rice if desired.