



✂ Main Dish ⌚ 15 min

Chiquita banana shrimp stir fry

This awesome Chiquita banana shrimp stir-fry is a healthy recipe that can be ready to eat in just 15 minutes. Cooked with pineapple, red onion, cucumber, ginger and lime, you will love its exotic taste! This recipe aligns with the American Cancer Society's nutrition guidelines. ACS recommends a diet that emphasizes fruits and vegetables, whole grains, and lean proteins, and limits red and processed meat, to help reduce the risk of cancer.

1

Chop the Chiquita banana, the slices of Chiquita pineapple as well as the red onion, cucumber and chili pepper.

2

Boil water for the buckwheat noodles.

3

INGREDIENTS FOR 2 PERSONS

- 1 Chiquita banana
 - 1 cup of shrimp, peeled and deveined
 - 1 small red onion
 - 1 chili pepper
 - 2 whole round slices of Chiquita pineapple
 - 1/2 cucumber
 - mint for garnish
 - cilantro for garnish
 - 1 cup buckwheat noodles
- For the dressing :
- 2 tbsp sunflower oil
 - 1 tsp lime juice
 - 1 tsp ginger syrup
 - 1 tsp soy sauce

NUTRITIONAL VALUES PER PERSON

- 390 Calories
- 11.4g Fat
- 1.4g Saturated fat
- 60g Carbohydrate
- 34.5g Sugars
- 5.2g Fiber
- 7.8g Protein
- 0.7g Salt

Preheat a tbsp of oil in a wok pan and fry the onions with the chili pepper for 1 minute, then add the Chiquita banana, Chiquita pineapple and shrimp. Stir until shrimp turns pink on both sides.

4

Cook the buckwheat noodles.

5

Mix all the dressing ingredients and add to the rest of the ingredients. Then add the cooked buckwheat noodles.

6

Enjoy and share your banana stir fry with shrimp recipe using #ChiquitaBanana