

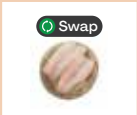


Cal Smart Caribbean-Inspired Jerk Shrimp

with Jewelled Rice and Lime Cabbage Slaw

Smart Meal

25 Minutes



Tilapia Fillets
300 g | 600 g

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If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Basmati Rice
¾ cup | 1 ½ cups



Coleslaw Cabbage Mix
170 g | 340 g



Sweet Bell Pepper
1 | 2



Lime
1 | 2



Green Onion
1 | 2



Garlic, cloves
1 | 2



Mango Chutney
2 tbsp | 4 tbsp



Jerk Sauce
2 tbsp | 4 tbsp



Seasoned Rice Vinegar
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



Cook rice

- Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **lime**.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

3



Make coleslaw

- Whisk together **vinegar**, **3 tsp** (6 tsp) **oil**, **1 tsp** (2 tsp) **lime juice**, **1 tsp** (2 tsp) **lime zest** and **½ tsp** (1 tsp) **sugar** in a medium bowl. Season with **salt** and **pepper**.
- Add **coleslaw cabbage mix** and **half the green onions**, then toss to combine.

4



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tsp** (1 tsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Remove from heat, then transfer **peppers** to a plate.

5



Prep and cook shrimp

Swap | Tilapia Fillets

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- Reheat the same pan over medium-high.
- When the pan is hot, add **½ tsp** (1 tsp) **oil**, then **garlic** and **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Add **jerk sauce**, **half the mango chutney** (use all for 4 ppl) and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until **shrimp** is coated, 1 min.
- Remove from heat.

6



Finish and serve

- Stir **peppers** and **remaining green onions** into **rice**.
- Divide **rice**, **coleslaw** and **shrimp** between plates.
- Spoon **any remaining sauce** over **shrimp**.

5 | Prep and cook tilapia

Swap | Tilapia Fillets

If you've opted to get **tilapia**, pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 4) over medium. When hot, add **½ tsp** (1 tsp) **oil**, then **garlic** and **tilapia**. Cook until golden-brown and cooked through, 4-5 min per side.** (NOTE: Work in batches, if necessary.) Follow the rest of the recipe as written, seasoning and cooking **tilapia** in **jerk-mango chutney mixture** as the recipe instructs.

** Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.



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