

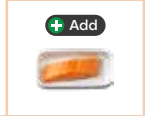


Cal Smart Ginger-Honey Shrimp

with Jasmine Rice, Carrots and Zucchini

Smart Meal

25 Minutes



Salmon Fillets

250 g | 500 g

Customized Protein

+ Add

Swap

or

*2 Double

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



Jasmine Rice
¾ cup | 1 ½ cups



Carrot
1 | 2



Zucchini
1 | 2



Green Onion
1 | 2



Ginger Sauce
4 tbsp | 8 tbsp



Garlic Salt
1 tsp | 2 tsp



Honey
1 | 2



Fish Sauce
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, add 1 ¼ cups (2 ½ cups) water to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** and **half the garlic salt** to the **boiling water**. Return to a boil, 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, peel, then halve **carrot** lengthwise. Cut into ⅛-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice **green onions**.
- Whisk together **honey, fish sauce, ginger sauce** and ¼ cup (½ cup) **water** in a medium bowl.

3



Cook veggies

+ Add | Salmon Fillets

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **2 tsp** (4 tsp) **oil**, then **carrots** and **zucchini**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-7 min. (**TIP:** If veggies are browning too quickly, reduce heat to medium.)
- Remove from heat. Season with **remaining garlic salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.

4



Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **pepper**.
- Reheat the same pan (from step 3) over medium.
- When the pan is hot, add **2 tsp** (4 tsp) **oil**, then **shrimp**.
- Cook, stirring occasionally, until **shrimp** begin to turn pink, 1 min. (**NOTE:** Shrimp will finish cooking in step 5.)

5



Make sauce

- Add **sauce** mixture to the same pan.
- Cook, stirring often, until **sauce** thickens slightly and **shrimp** is cooked through, 1-2 min.** (**TIP:** For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.)
- Remove from heat. Cover to keep warm.

6



Finish and serve

+ Add | Salmon Fillets

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls. Top with **veggies, shrimp** and **sauce**.
- Sprinkle **remaining green onions** over top.

3 | Cook veggies and salmon

+ Add | Salmon Fillets

If you've opted to add **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Reheat the same pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.** Transfer to a plate. Cover to keep warm. Reuse the same pan to cook **shrimp** in step 4.

6 | Finish and serve

+ Add | Salmon Fillets

Arrange **salmon** on top of bowls.



Issue with your meal? Scan the QR code to share your feedback.

** Cook shrimp and fish to minimum internal temperatures of 74°C/165°F and 71°C/160°F, respectively, as size may vary.