



# Cal Smart Honey Shrimp and Veggies with Garlic Rice

Calorie Smart

Quick

25 Minutes



Shrimp



Parboiled Rice



Shanghai Bok Choy



Green Onions



Garlic Salt



Honey



Cornstarch



Soy Sauce



Sweet Bell Pepper

HELLO HONEY

*A naturally sweet ingredient that's a great sugar alternative!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Parboiled Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	113 g	226 g
Green Onions	1	2
Garlic Salt	1 tsp	2 tsp
Honey	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

### 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.*

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### Cook rice

Heat a medium pot over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



### Cook shrimp

Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium. When hot, add **2 tsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.



### Prep

Core, then cut **pepper** into ¼-inch strips. Cut **bok choy** into 1-inch pieces. Thinly slice **green onions**. Whisk together **honey**, **soy sauce**, **cornstarch** and **⅔ cup water** (dbl for 4 ppl) in a medium bowl.



### Make sauce

Add **honey mixture** from the medium bowl to the pan with **shrimp**. Bring to a boil. Once boiling, cook, stirring often, until **sauce** thickens and **shrimp** is cooked through, 1-2 min.\*\*



### Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers**, **bok choy** and **remaining garlic salt**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Remove the pan from heat. Transfer to a plate and cover to keep warm.



### Finish and serve

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

## Dinner Solved!