



Cal Smart Spicy Honey Shrimp

with Ginger Rice, Peppers and Bok Choy

Calorie Smart **Spicy** Quick 25 Minutes



Shrimp



Parboiled Rice



Sweet Bell Pepper



Shanghai Bok Choy



Green Onion



Ginger



Garlic Salt



Honey



Cornstarch



Soy Sauce



Chili Garlic Sauce

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 |
| Sweet Bell Pepper | 160 g | 320 g |
| Shanghai Bok Choy | 113 g | 226 g |
| Green Onion | 1 | 2 |
| Ginger | 15 g | 30 g |
| Garlic Salt | 1 tsp | 2 tsp |
| Honey | 2 tbsp | 4 tbsp |
| Cornstarch | 1 tbsp | 2 tbsp |
| Soy Sauce | 2 tbsp | 4 tbsp |
| Chili Garlic Sauce 🌶️ | 1 tbsp | 2 tbsp |
| 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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1 Make ginger rice

Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Heat a medium pot over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **half the ginger, half the garlic salt and rice**. 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.



4 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 and remaining ginger**. Cook, stirring occasionally, until fragrant, 1-2 min. (**NOTE:** Shrimp will finish cooking in step 5.)



2 Prep

While **rice** cooks, core, then cut **pepper** into ¼-inch strips. Cut **bok choy** into 1-inch pieces. Thinly slice **green onion**.



5 Make sauce

While **shrimp and ginger** cook, whisk together **honey, soy sauce, chili garlic sauce, cornstarch** and **¾ cup water** (dbl for 4 ppl) in a medium bowl. Add **honey mixture** to the pan with **shrimp**. Bring to a boil. Once boiling, cook, stirring often, until **sauce** thickens and **shrimp** are cooked through, 1-2 min. **



3 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.



6 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**. Sprinkle **remaining green onions** over top.

Dinner Solved!