



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.
- 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

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Cut **bok choy** into 1-inch pieces.
- Thinly slice **green onion**.



5 Make sauce and finish shrimp

- Meanwhile, 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 **veggies** to a plate, then 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!