



Cal Smart Spicy Honey Shrimp

with Ginger Rice and Bok Choy

Calorie Smart

Spicy

Quick

25 Minutes



Shrimp



Parboiled Rice



Carrot



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, vegetable peeler, 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
Carrot	170 g	340 g
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.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Thinly slice **green onion**.



5 Make sauce and finish shrimp

- Meanwhile, whisk together **honey, soy sauce, chili garlic sauce, cornstarch** and **⅔ 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 **carrots**. Cook, stirring often, until beginning to soften, 2-3 min.
- Add **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!