



# Cal Smart Spicy Honey Shrimp

with Ginger Rice, Carrots and Broccoli

Calorie Smart

Spicy

Quick

25 Minutes



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Shrimp



Jasmine Rice



Carrot



Broccoli, florets



Green Onion



Ginger-Garlic Puree



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
Jasmine Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Broccoli, florets	227 g	454 g
Green Onion	1	2
Ginger-Garlic Puree	1 tbsp	2 tbsp
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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### Make ginger rice

- Heat a medium pot over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **rice**, **½ tbsp ginger-garlic puree** (dbl for 4 ppl) and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups water** and **½ tsp salt** (dbl both 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.

2



### Prep

- Meanwhile, peel, then cut **carrot** into ⅛-inch rounds.
- Cut **broccoli** into bite-sized pieces.
- Thinly slice **green onion**.

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**, **broccoli** and **¼ cup water** (dbl for 4 ppl). Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **water** is absorbed and **veggies** are tender-crisp, 5-6 min.
- Remove from heat.
- 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 **salt** and **pepper**.
- Reheat the same pan over medium.
- When hot, add **2 tsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until starting to turn pink, 1-2 min. (**NOTE**: Shrimp will finish cooking in step 5.)

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### Make sauce and finish shrimp

- Meanwhile, whisk together **honey**, **soy sauce**, **chili garlic sauce**, **cornstarch**, **½ tbsp ginger-garlic puree** and **⅓ cup water** (dbl both 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.\*\*

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### 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!