

# Cal Smart Spicy Honey Shrimp

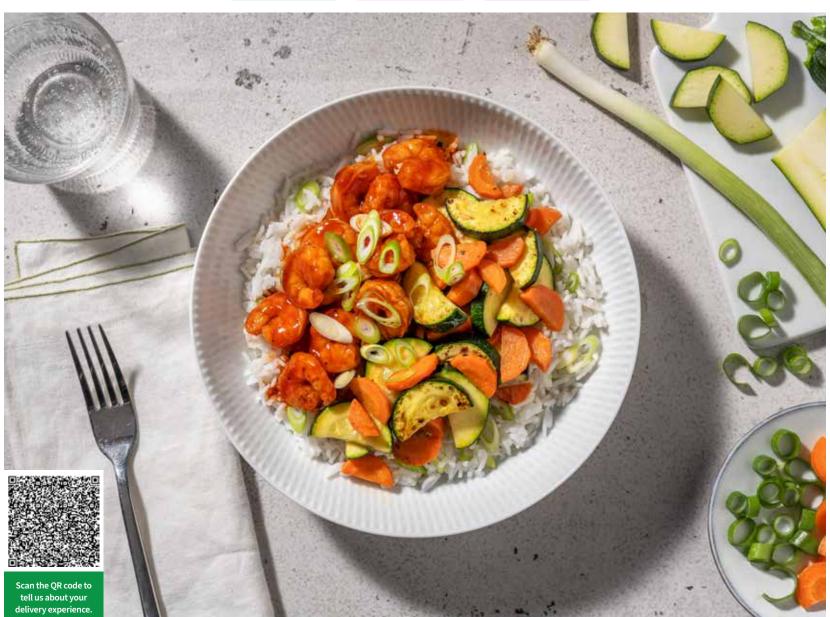
with Ginger Rice, Carrots and Zucchini

Calorie Smart

Spicy

Quick

25 Minutes















Green Onion



Garlic Salt



Soy Sauce



Szechuan Sauce

### Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

#### **Bust out**

Medium bowl, vegetable peeler, measuring spoons, strainer, medium pot, measuring cups, whisk, large nonstick pan, paper towels

# Ingredients

2 Person	4 Person
285 g	570 g
¾ cup	1 ½ cups
170 g	340 g
200 g	400 g
1	2
1 tbsp	2 tbsp
1 tsp	2 tsp
1 tbsp	2 tbsp
1 tbsp	2 tbsp
2 tbsp	4 tbsp
	285 g % cup 170 g 200 g 1 1 tbsp 1 tsp 1 tbsp 1 tbsp

- \* 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, sov. 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 (2 tsp) oil, then rice, ½ tbsp (1 tbsp) ginger-garlic puree and half the garlic salt. Cook, stirring often, until fragrant, 1-2 min.
- Add **1** ¼ **cups** (2 ½ cups) **water** 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.



#### Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ½-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice green onion.



# Cook veggies

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tsp (2 tsp) oil, then carrots and zucchini. Season with remaining garlic salt and pepper. Cook, stirring occasionally, until veggies are tender-crisp, 5-6 min. (TIP: If veggies are browning too quickly, reduce heat to medium.)
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.



## 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** (4 tsp) **oil**, then **shrimp**. Cook, stirring occasionally, until starting to turn pink, 1-2 min. (NOTE: Shrimp will finish cooking in step 5.)



#### Make sauce and finish shrimp

- Meanwhile, whisk together honey, soy sauce, Szechuan sauce, ½ tbsp (1 tbsp) ginger-garlic puree and ½ cup (¾ cup) water in a medium bowl.
- Add sauce mixture to the pan with shrimp.
   Bring to a boil.
- Once boiling, cook, stirring often, until **sauce** thickens and **shrimp** are cooked through, 2-3 min.\*\* (TIP: For a lighter sauce consistency, add more water, 1-2 tbsp at a time. if desired.)



#### 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!**