



GARLIC SHRIMP STIR-FRY

with Carrots, Green Beans and Green Onion Rice

FAMILY



HELLO SHRIMP

Our shrimp is sustainably sourced to preserve the health of our oceans

TIME: 30 MIN



Shrimp



Jasmine Rice



Green Beans



Carrot, julienned



Lime



Green Onions



Garlic



Oyster-Soy Sauce



Cornstarch

BUST OUT

- Garlic Press
- Paper Towel
- Large Non-Stick Pan
- Whisk
- Measuring Spoons
- Medium Pot
- Measuring Cups
- Small Bowl
- Zester
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4 person

- Shrimp 10 570 g
- Jasmine Rice 1 ½ cup
- Green Beans 170 g
- Carrot, julienned 113 g
- Lime 1
- Green Onions 4
- Garlic 9 g
- Oyster-Soy Sauce 1,4,9,11 6 tbsp
- Cornstarch 9 1 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP
Wash and dry all produce.* Cut stems off **green beans**, if needed, then cut in half. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towel. Season with **salt and pepper**.



4 COOK SHRIMP
When **veggies** are done, transfer to a plate. Set aside. Using the same pan, add another **½ tbsp oil**, then **half the shrimp** and **half the garlic**. Cook, stirring often, until **shrimp** just turns pink, 1-2 min. (**TIP:** Cook to a min. internal temp of 74°C/165°F.**) Transfer to another plate and set aside. Repeat with another **½ tbsp oil**, **remaining shrimp** and **remaining garlic**.



2 COOK RICE
Heat a medium pot over medium heat. When pot is hot, add **½ tbsp oil**, then **half the green onions**. Cook, stirring often, until softened, 1-2 min. Add **rice** and **2 ½ cups water**. Stir together. Cover and bring to a boil over high heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** has been absorbed, 12-14 min.



5 ASSEMBLE STIR-FRY
When **remaining shrimp** is done, return **shrimp**, including any **juices** from plate, and **veggies** to the pan. Add **cornstarch mixture**. Cook, stirring together, until everything is coated and warmed through, 1-2 min.



3 COOK VEGGIES
Meanwhile, heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **green beans** and **carrots**. Season with **salt and pepper**. Cook, stirring occasionally, until **beans** are tender-crisp, 4-5 min. Meanwhile, in a small bowl, whisk together **cornstarch** and **1 ½ cup cold water**. Whisk in **oyster-soy sauce**, **half the lime zest** and **1 tbsp lime juice** into **cornstarch mixture**. Set aside.



6 FINISH AND SERVE
Fluff **rice** with a fork, then stir in **remaining green onions** and **remaining lime zest**. Season with **salt**. Divide **rice** between plates and top with **garlic shrimp stir-fry**. Squeeze over a **lime wedge**, if desired.

EASY DOES IT!

Stir-fries deliver the biggest flavour-to-effort ratio.