



Garlic Shrimp Stir-Fry

with Broccoli and Green Onion Rice

Family Friendly 30 Minutes



Shrimp



Jasmine Rice



Broccoli, florets



Lime



Green Onion



Garlic, cloves



Vegetarian Oyster Sauce



Cornstarch

HELLO VEGETARIAN OYSTER SAUCE
A savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, strainer, zester, 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
Broccoli, florets	227 g	454 g
Lime	1	1
Green Onion	2	4
Garlic, cloves	3	6
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Cornstarch	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.

Contact

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Cook rice

- Add **1 cup water** and **¼ tsp salt** (dbl both for 4 ppl) to medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



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-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp** and **garlic**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**



Prep and mix sauce

- Meanwhile, zest, then juice **half the lime** (use same for 4 ppl). Cut **remaining lime** into wedges.
- Cut **broccoli** into bite-sized pieces.
- Thinly slice **green onions**.
- Peel, then mince or grate **garlic**.
- Add **oyster sauce, cornstarch, half the lime zest** and **¾ cup water** (dbl for 4 ppl) to a medium bowl. Whisk to combine.



Assemble stir-fry

- Add **cornstarch mixture** to the pan with **shrimp**. Bring to a boil.
- Once boiling, add **broccoli**. Cook, stirring often, until **broccoli** is warmed through and **sauce** thickens slightly, 1-2 min.
- Remove from heat, then stir in **½ tbsp lime juice** (dbl for 4 ppl). Season with **salt** and **pepper**, to taste.



Cook broccoli

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Remove from heat, then transfer **broccoli** to a plate. Cover to keep warm.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions** and **remaining lime zest**.
- Divide **rice** between plates and top with **garlic shrimp stir-fry**.
- Sprinkle **remaining green onions** over top.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!