



Quick Sesame-Teriyaki Shrimp Stir-Fry

with Bok Choy and Jasmine Rice

Family Friendly

Quick

25 Minutes



Shrimp



Cornstarch



Sesame Oil



Carrot, julienned



Shanghai Bok Choy



Teriyaki Sauce



Jasmine Rice



Soy Sauce



Ginger

HELLO GINGER

Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-------------------|----------|----------|
| Shrimp | 285 g | 570 g |
| Cornstarch | 1 tbsp | 2 tbsp |
| Sesame Oil | 1 tbsp | 2 tbsp |
| Carrot, julienned | 56 g | 113 g |
| Shanghai Bok Choy | 226 g | 452 g |
| Teriyaki Sauce | 4 tbsp | 8 tbsp |
| Jasmine Rice | ¾ cup | 1 ½ cups |
| Soy Sauce | 2 tbsp | 4 tbsp |
| Ginger | 30 g | 60 g |
| 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

Call or email us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Cook rice

- Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then 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.



Cook stir-fry

- Add **sesame oil** to the same pan, then **ginger**. Cook, stirring often, until fragrant, 1 min.
- Add **carrots** and **bok choy**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**.
- Add **teriyaki sauce**, **cornstarch mixture** and **soy sauce**. Cook, stirring often, until **sauce** thickens slightly and coats **veggies**, 1-2 min.
- Remove the pan from heat, then stir in **shrimp**.



Prep

- Meanwhile, peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).
- Cut **bok choy** into 1-inch pieces. (**TIP**: Rinse bok choy leaves to wash away any hidden dirt!)
- Whisk together **cornstarch** and **½ cup water** (¾ cup for 4 ppl) in a small bowl.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **shrimp stir-fry**.

Dinner Solved!



Cook shrimp

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-4 min. **
- Transfer to a plate.