



SEP  
2016

## Sesame Shrimp

with Ginger-Green Onion Rice and Crispy Green Beans

Tossing shrimp in a sweet hoisin glaze creates delicious caramelization in the pan. By stirring a bit of ginger and green onion into the rice, we're infusing it with fragrant aromatics. These quick tricks make for a super flavourful 30-minute stir-fry!

 *Prep*  
30 min

 *level 1*

 *dairy free*

 *make me first*



Shrimp



Jasmine Rice



Ginger



Green Onions



Garlic



Hoisin Sauce



Sesame Seeds



Limes



Green Beans

## Ingredients

Shrimp	1)	4 People	2 pkg (570 g)
Jasmine Rice			1 pkg (1½ cups)
Green Beans			1 pkg (454 g)
Ginger			1 knob (30 g)
Green Onions			4
Garlic			4 cloves
Hoisin Sauce	2) 3) 4)		1 pkg (2 tbsp)
Sesame Seeds, toasted			1 pkg (2 tbsp)
Limes			2
Olive or Canola Oil *			

\*Not Included

## Allergens

- 1) Shellfish/Fruits de mer
- 2) Wheat/Blé
- 3) Sesame/Sésame
- 4) Soy/Soja

## Tools

Medium pot, Peeler, Grater, Baking sheet, Medium bowl, Large pan, Measuring Spoons, Measuring Cups

**Nutrition per person** Calories: 371 cal | Fat: 9g | Sat. Fat: 1g | Protein: 21g | Carbs: 55g | Sugar: 7g | Sodium: 886mg | Fiber: 5g  
*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

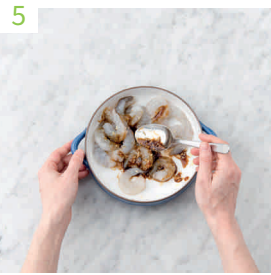
2



**1 Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** In a medium pot, bring **2½ cups salted water** to a boil. Trim the ends of the **green beans**. Thinly slice the **green onions**, keeping the **green** and **whites** separate. Mince or grate the **garlic**. Peel and finely grate **1 tbsp ginger**. (**TIP:** Use a spoon to scrape the peel off the ginger!) Cut the **lime** into wedges.

5



**3 Cook the rice:** Rinse and drain the **rice** in cold water, then add it to the boiling water. Reduce the heat to medium-low. Simmer, covered, until the rice is tender and the water has been absorbed, 10-12 min.

**4 Roast the green beans:** Toss the **green beans** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Bake in the centre of the oven, stirring halfway through cooking, until beans are slightly crispy, 15-17 min.

6



**5 Prep the shrimp:** Meanwhile, in a medium bowl, toss the **shrimp**, **hoisin sauce**, **garlic**, and **half the ginger** together until thoroughly combined. Season with **salt** and **pepper**.

**6 Cook the aromatics:** Heat a large pan over medium heat. Add a drizzle of **oil**, then the **green onion whites** and **remaining ginger** (or less if the kids prefer it!) Cook, stirring, until soft and slightly golden, 2-3 min. Transfer to the pot with the rice and stir to combine.

7



**7 Cook the shrimp:** Add the **shrimp** and a drizzle of **oil** to the same pan over high heat. Cook until the **shrimp** are opaque and slightly charred on the outside, 2-3 min.

**8 Finish and serve:** Serve the **sesame shrimp** on a bed of **rice** with the **crispy green beans** to the side. Sprinkle with the **green onion greens**, **sesame seeds**, and serve with a **lime wedge**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca

Ruler

0 in ¼ in ½ in ¾ in 1 in