



# Smart Teriyaki Shrimp Stir-Fry

with Broccoli, Carrots and Cabbage

Carb Smart

Calorie Smart

30 Minutes



Shrimp



Teriyaki Sauce



Broccoli, florets



Coleslaw Cabbage Mix



Cashews, chopped



Sesame Oil



Yellow Onion



Soy Sauce

## HELLO CASHEWS

*Rich and buttery, this versatile tree nut pairs perfectly with stir-fry!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, strainer, aluminum foil, 2 large bowls, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Teriyaki Sauce	4 tbsp	8 tbsp
Broccoli, florets	227 g	454 g
Coleslaw Cabbage Mix	170 g	340 g
Cashews, chopped	28 g	56 g
Sesame Oil	1 tbsp	2 tbsp
Yellow Onion	56 g	113 g
Soy Sauce	2 tbsp	4 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.*



### Prep

- Peel, then thinly slice **half the onion** (whole onion for 4 ppl).
- Cut **broccoli** into bite-sized pieces.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Add **shrimp**, **1 tsp oil** and **half the teriyaki sauce** to a large bowl. Season with **salt and pepper**, then toss to coat. Set aside.



### Cook shrimp

- Heat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*



### Toast cashews

- Heat a large non-stick pan over medium heat.
- When hot, add **cashews** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!)
- Transfer **cashews** to a plate.



### Finish and serve

- Divide **veggies** between plates. Top with **shrimp**.
- Drizzle **remaining teriyaki sauce** over top, then sprinkle with **cashews**.



### Cook veggies

- Heat the same pan over medium-high.
- When hot, add **sesame oil**, **broccoli** and **onions**. Cook, stirring often, until **broccoli** is tender-crisp, 5-6 min.
- Add **coleslaw cabbage mix** and **soy sauce**. Cook, stirring often, until **coleslaw cabbage mix** is tender, 3-4 min.
- Transfer **veggies** to another large bowl. Cover with foil to keep warm.

### Contact

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## Dinner Solved!