



# Smart Togarashi Shrimp Stir-fry with Broccoli, Carrots and Cabbage

Calorie Smart

Carb Smart

Spicy

30 Minutes



Shrimp



Togarashi Spice



Broccoli, florets



Coleslaw Cabbage Mix



Cashews, chopped



Sesame Oil



Yellow Onion



Soy Sauce

## HELLO TOGARASHI

*This popular Japanese seasoning blend gets its spicy, fragrant flavour from 7 different ingredients!*

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 1 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Togarashi Spice 🍷	¼ tsp	½ tsp
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.*

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## 1

Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Cut **broccoli** into bite-sized pieces. Drain and rinse **shrimp**, then pat dry with paper towels. Add **shrimp**, **1 tsp oil** and **¼ tsp Togarashi Spice** (dbl both for 4 ppl) to a large bowl. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**, then toss to coat. Set aside.



## 4

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.\*\*



## 2

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.



## 5

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

## Dinner Solved!



## 3

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 **half the 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.