



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.



Prep

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.



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 soy sauce** over top, then sprinkle with **cashews**.

Dinner Solved!



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 **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.

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