



SIZZLIN' SHRIMP BOWLS WITH SPICY MAYO

plus Garlicky Roasted Broccoli & Sesame Seeds

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
White Rice



8 oz | 16 oz
Broccoli



2 | 4
Scallions



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Shrimp
Contains: Shellfish



4 TBSP | 8 TBSP
Spicy Mayo
Contains: Eggs,
Soy, Wheat



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



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HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



1¼ Cups | 2½ Cups
Brown Rice

Calories: 680

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 620



HELLO

SESAME SEEDS

Add nutty flavor and crisp texture to your rice bowls with a shower of savory sesame seeds just before serving.

DIVIDE & CONQUER

Why separate the scallion whites from the greens? The whites are better for cooking, while the greens are better for topping.

BUST OUT

- Small pot
- Paper towels
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

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1 COOK RICE

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- Swap in **brown rice** for white rice; use **1¼ cups water (3½ cups for 4 servings)** and a **pinch of salt**. Cook for 20-25 minutes. (Save white rice for another use.)



2 PREP

- While rice cooks, **wash and dry produce**.
- Cut **broccoli** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens.



3 COOK BROCCOLI

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **broccoli**; season with **half the garlic powder (you'll use the rest in the next step)**, a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Turn off heat; transfer to a plate. Wipe out pan.



4 COOK SHRIMP

- While broccoli cooks, rinse **shrimp*** under cold water, then pat dry with paper towels. Season all over with **remaining garlic powder, salt, and pepper**.
- Heat a **drizzle of oil** in same pan over high heat. Add shrimp and **scallion whites**; cook, stirring occasionally, until shrimp are opaque and cooked through, 3-4 minutes.



5 MAKE SAUCE

- Place **spicy mayo** in a small bowl. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 FINISH & SERVE

- Fluff **rice** with a fork; taste and season with **salt** and **pepper**.
- Divide rice between shallow bowls; top with **shrimp** and **broccoli** in separate sections. Drizzle shrimp with **spicy mayo**; sprinkle bowls with **scallion greens** and **sesame seeds**. Serve.

*Shrimp are fully cooked when internal temperature reaches 145°.