



# Cal Smart Sesame Shrimp

with Broccoli and Sweet Bell Pepper

Calorie Smart

25 Minutes



Shrimp



Broccoli, florets



Sweet Bell Pepper



Parboiled Rice



Soy Sauce



Sesame Oil



Sweet Chili Sauce



Green Onions



Garlic

HELLO SHRIMP

*Our shrimp are sourced sustainably to help preserve the health of our oceans!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Broccoli, florets	227 g	454 g
Sweet Bell Pepper	160 g	320 g
Parboiled Rice	¾ cup	1 ½ cups
Soy Sauce	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Sweet Chili Sauce	4 tbsp	8 tbsp
Green Onions	2	2
Garlic	3 g	6 g
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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Cook rice

Bring **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



## Cook veggies

Heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec. Add **peppers** and **broccoli**. Season with **salt** and **pepper**. Add **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** evaporates and **veggies** are tender-crisp, 4-5 min.



## Prep

Core, then cut **peppers** into ½-inch pieces. Peel, then mince or grate **garlic**. Thinly slice **green onions**. Cut **broccoli** into bite-sized pieces. Drain and rinse **shrimp** using a strainer, then pat dry with paper towels.



## Finish stir-fry

Reduce heat to medium, then add **shrimp**, **half the green onions**, **soy sauce** and **sweet chili sauce** to the pan with **veggies**. Season with **salt**. Cook, stirring occasionally, until **shrimp** are warmed through and **sauce** thickens slightly, 1-2 min. Drizzle **remaining sesame oil** over top.



## Cook shrimp

Heat a large non-stick pan over medium-high heat. When hot, add **half the sesame oil**, then **shrimp**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Transfer **shrimp** to a plate.



## Finish and serve

Fluff **rice** with a fork and divide between plates. Spoon **shrimp and veggies** over **rice**. Sprinkle **remaining green onions** over top.

## Dinner Solved!