



# Honey Shrimp and Broccoli Stir-Fry with Ginger Rice

Calorie Smart

25 Minutes



Shrimp



Parboiled Rice



Broccoli, florets



Green Onions



Ginger



Garlic Salt



Honey



Cornstarch



Soy Sauce

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

Medium bowl, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan, paper towels, grater

## Ingredients

|                   | 2 Person | 4 Person |
|-------------------|----------|----------|
| Shrimp            | 285 g    | 570 g    |
| Parboiled Rice    | ¾ cup    | 1 ½ cup  |
| Broccoli, florets | 227 g    | 454 g    |
| Green Onions      | 2        | 4        |
| Ginger            | 15 g     | 30 g     |
| Garlic Salt       | 1 tsp    | 2 tsp    |
| Honey             | 2 tbsp   | 4 tbsp   |
| Cornstarch        | 1 tbsp   | 2 tbsp   |
| 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 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

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## 1 Make ginger rice

Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Heat a medium pot over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **rice, half the ginger** and **half the garlic salt**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 2 Prep

While **rice** cooks, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Whisk together **honey, soy sauce, cornstarch** and **¾ cup water** (dbl for 4 ppl) in a medium bowl.



## 3 Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then the **broccoli, remaining garlic salt** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until the **broccoli** is tender-crisp, 4-5 min. Remove pan from heat, then transfer **broccoli** to a plate. Cover to keep warm.



## 4 Cook shrimp

Drain and rinse **shrimp** using a strainer, then pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium heat. When hot, add **2 tsp oil** (dbl for 4 ppl), then **shrimp** and **remaining ginger**. Cook, stirring occasionally, until fragrant, 2-3 min.



## 5 Make sauce

Add **honey mixture** from the medium bowl to the pan with **shrimp**. Bring to a boil and cook, stirring often, until **sauce** thickens and **shrimp** is cooked through, 1-2 min.\*\*



## 6 Finish and serve

Fluff **rice** with a fork then stir in **half the green onions**. Divide **rice** between bowls. Top with **broccoli, shrimp** and **sauce** from the pan. Sprinkle **remaining green onions** over top.

## Dinner Solved!