



Honey Shrimp and Broccoli Stir-Fry with Ginger Rice

Calorie Smart

25 Minutes



Shrimp



Par-boiled 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
Par-boiled 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.

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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. Once boiling, 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 **broccoli, remaining garlic salt** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **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!