



MAPLE SHRIMP

with Green Onion Rice and Sugar Snap Peas

FAMILY



HELLO SHRIMP

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

TIME: 30 MIN



Shrimp



Maple Syrup



Garlic



Soy Sauce



Jasmine Rice



Sugar Snap Peas



Shallot



Cornstarch



Green Onions

BUST OUT

- Large Bowl
- Whisk
- Measuring Spoons
- Strainer
- Paper Towels
- Garlic Press
- Large Non-Stick Pan
- Medium Pot
- Measuring Cups
- Salt and Pepper
- Olive or Canola Oil

INGREDIENTS

	4-person
• Shrimp 10	570 g
• Maple Syrup	2 tbsp
• Garlic	12 g
• Soy Sauce 1,4	3 tbsp
• Jasmine Rice	1 ½ cup
• Sugar Snap Peas	227 g
• Shallot	50 g
• Cornstarch 9	2 tsp
• Green Onions	4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

0 Fish/Poisson	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* In a medium pot, bring **2 ½ cups water** to a boil. Meanwhile, peel then mince or grate **garlic**. Thinly slice **green onions**. Peel, then cut **shallot** into ¼-inch slices. Cut stems off **snap peas**, if needed. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



4 COOK VEGGIES Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**. Add **garlic, snap peas and shallots**. Cook, stirring occasionally, until **snap peas** are tender-crisp, 2-3 min.



2 COOK RICE To **boiling water**, add **rice**. Reduce heat to low. Cover and cook, until **liquid** is absorbed, 12-14 min.



5 COOK MAPLE SHRIMP To **veggies**, add **shrimp** and any **remaining maple glaze** from the bowl. Cook, stirring often, until **shrimp** just turns pink and **sauce** begins to thicken, 6-7 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.***) Season with **salt** and **pepper**.



3 COAT SHRIMP Meanwhile, in a large bowl, whisk together **maple syrup, soy sauce, cornstarch** and **½ cup water**. Add **shrimp**. Toss to coat and set aside.



6 FINISH AND SERVE Fluff **rice** with a fork, then stir in **half the green onions**. Season with **salt**. Divide **rice, shrimp** and **veggies** between plates. Spoon any **remaining glaze** from the pan over **shrimp**. Sprinkle over **remaining green onions**.

BFF!

Best friends forever –
garlic, shrimp and maple will always
be our favourite pairing!