



Smart Teriyaki Shrimp Stir-Fry

with Broccoli, Carrots and Cabbage

Carb Smart

Calorie Smart

30 Minutes



Shrimp



Teriyaki Sauce



Broccoli, florets



Coleslaw Cabbage Mix



Cashews, chopped



Sesame Oil



Yellow Onion



Soy Sauce

HELLO CASHEWS

Rich and buttery, this versatile tree nut pairs perfectly with stir-fry!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, aluminum foil, 2 large bowls, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Teriyaki Sauce	4 tbsp	8 tbsp
Broccoli, florets	227 g	454 g
Coleslaw Cabbage Mix	170 g	340 g
Cashews, chopped	28 g	56 g
Sesame Oil	1 tbsp	2 tbsp
Yellow Onion	56 g	113 g
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 the website or app for the as-prepared recipe nutritional information.

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

Contact

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1 Prep

- Peel, then thinly slice **half the onion** (whole onion for 4 ppl).
- Cut **broccoli** into bite-sized pieces.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Add **shrimp**, **1 tsp oil** and **half the teriyaki sauce** to a large bowl. Season with **salt and pepper**, then toss to coat. Set aside.



4 Cook shrimp

- Heat the same pan over medium.
- When hot, add **½ tsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. **



2 Toast cashews

- Heat a large non-stick pan over medium heat.
- When hot, add **cashews** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!)
- Transfer **cashews** to a plate.



5 Finish and serve

- Divide **veggies** between plates. Top with **shrimp**.
- Drizzle **remaining teriyaki sauce** over top, then sprinkle with **cashews**.



3 Cook veggies

- Heat the same pan over medium-high.
- When hot, add **sesame oil**, **broccoli** and **onions**. Cook, stirring often, until **broccoli** is tender-crisp, 5-6 min.
- Add **coleslaw cabbage mix** and **soy sauce**. Cook, stirring often, until **coleslaw cabbage mix** is tender, 3-4 min.
- Transfer **veggies** to another large bowl. Cover with foil to keep warm.

Dinner Solved!