



Sweet and Savoury Sesame Shrimp

with Broccoli and Sweet Bell Pepper

Calorie Smart 25 Minutes



Shrimp



Broccoli, florets



Sweet Bell Pepper



Jasmine Rice



Soy Sauce



Sesame Oil



Sweet Chili Sauce



Onion, chopped



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 pot, 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 |
| Jasmine Rice | ¾ cup | 1 ½ cup |
| Soy Sauce | 1 tbsp | 2 tbsp |
| Sesame Oil | 1 tbsp | 2 tbsp |
| Sweet Chili Sauce | 2 tbsp | 4 tbsp |
| Onion, chopped | 56 g | 113 g |
| 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.

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Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** and **⅛ tsp salt** (dbl for 4 ppl) to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and liquid is absorbed, 15-18 min.



Prep

While **rice** cooks, add **10 cups water** and **1 tsp salt** to a large pot. (**NOTE:** Use the same for 4 ppl.) Cover and bring to a boil over high heat. Core, then cut **peppers** into ¾-inch pieces. Peel, then mince or grate **garlic**. Cut **broccoli** into bite-sized pieces. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.



Blanch broccoli

When **water** is boiling, add **broccoli**. Cook, until bright green, 1-2 min, then drain.



Start shrimp

While **broccoli** cooks, 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** starts to turn pink, 1-2 min. (**NOTE:** The **shrimp** will finish cooking in the next step.) Transfer **shrimp** to a plate. Carefully wipe pan clean.



Cook veggies

Heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **onions**, **peppers** and **garlic**. Cook, stirring, until **peppers** have softened, 2-3 min. Season with **salt**. Add **broccoli**, **soy sauce** and **sweet chili sauce**. Cook, stirring, until **sauce** has slightly thickened, 1-2 min. Add **shrimp** and cook, stirring, until **shrimp** is cooked through, 1-2 min.** Drizzle **remaining sesame oil** over top.



Finish and serve

Fluff **rice** with a fork, then divide between plates. Spoon **shrimp** and **veggies** over top.

Dinner Solved!