



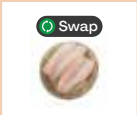
# Smart Togarashi Shrimp and Slaw Bowls

## with Edamame and Guacamole

Smart Meal

Spicy

20 Minutes



Tilapia

300 g | 600 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



Shrimp  
285 g | 570 g



Radish  
1 | 2



Coleslaw  
Cabbage Mix  
170 g | 340 g



Edamame  
56 g | 113 g



Seasoned Rice  
Vinegar  
1 tbsp | 2 tbsp



Togarashi Spice  
1 tbsp | 2 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



Lime  
1 | 2



Guacamole  
3 tbsp | 6 tbsp



Black Sesame  
Seeds  
7 g | 14 g



Green Onion  
1 | 2

**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.

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, small bowl, small pot, strainer, whisk, zester

1



## Prep

- Before starting, wash and dry all produce.

- Add **3 cups** (6 cups) **water** to a small pot. Bring to a boil over high heat.
- Meanwhile, cut **radish** into ¼-inch half-moons.
- Thinly slice **green onions**.
- Zest, then juice **lime**.
- Add **vinegar**, **½ tbsp** (1 tbsp) **lime juice**, **mayo**, **half the sesame oil** and **½ tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Set aside.

2



## Cook edamame and prep shrimp

Swap | Tilapia

- Once **water** is boiling, add **edamame**. Cook, stirring occasionally, until bright green and tender, 5-6 min. Drain, then season with **salt**. Set aside.
- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Sprinkle with **Togarashi Spice**, then season with **salt** and **pepper**.

3



## Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until fragrant, 3-4 min. (**TIP:** Keep your eye on them so they don't burn.)
- Transfer to a plate.

4



## Cook shrimp

- Add **remaining sesame oil** and **½ tbsp** (1 tbsp) **oil** to the same pan (used in step 3), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. **\*\***

5



## Mix slaw and make sauce

- Add **half the sesame seeds** and **coleslaw cabbage mix** to the large bowl with **dressing**.
- Toss to combine, then set aside.
- Add **guacamole**, **lime zest**, **remaining lime juice** and **½ tbsp** (1 tbsp) **water** to a small bowl. Season with **salt** and **pepper**, then whisk to combine.

6



## Finish and serve

- Divide **slaw** between bowls.
- Top with **shrimp**, **edamame** and **radishes**.
- Drizzle with **guacamole sauce**.
- Sprinkle with **remaining sesame seeds** and **green onions**.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Cook edamame and prep tilapia

Swap | Tilapia

If you've opted to get **tilapia**, pat dry with paper towels. Cut into 1 ½-inch pieces. Season and cook the **tilapia** the same way the recipe instructs you to season and cook the **shrimp**.**\*\***

**\*\*** Cook shrimp to a minimum internal temperature of 74°C/165°F, as size may vary, and cook tilapia to a minimum internal temperature of 70°C/158°F.