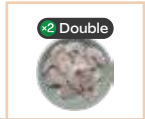




Cal Smart Jerk-Spiced Shrimp

with Peas and Rice and Mango Salsa

Smart Meal 25 Minutes



Shrimp
570 g | 1140 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



Jerk Spice Blend
1 tbsp | 2 tbsp



Basmati Rice
¾ cup | 1 ½ cups



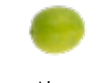
Green Peas
113 g | 227 g



Vegetable Stock Powder
1 tbsp | 2 tbsp



Garlic, cloves
1 | 2



Lime
1 | 2



Red Onion
½ | 1



Mango
½ | 1



Cilantro
7 g | 14 g



Tomato
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 | Unsalted butter, salt, pepper, sugar

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, 2 medium pots, paper towels, strainer, vegetable peeler

1



Prep and cook aromatics

• Before starting, wash and dry all produce.

- Heat a medium pot over medium-high heat.
- While the pot heats, peel **onion**. Cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Reserve **1 tbsp** (2 tbsp) **onion** in a medium bowl.
- Peel, then mince or grate **garlic**.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **chopped onions** and **half the garlic**. (**NOTE**: Save reserved chopped onions for the salsa.) Cook, stirring occasionally, until **onions** have softened slightly, 1-2 min.

2



Cook rice and peas

- Add **rice**, **stock powder** and **1 ¼ cups** (1 ½ cups) **water** to the medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook, adding **peas** halfway through, until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

3



Finish prep

- Meanwhile, roughly chop **cilantro**.
- Cut **tomato** into ¼-inch pieces.
- Juice **half the lime**, then cut **remaining lime** into wedges.
- Peel, pit, then cut **half the mango** into ¼-inch pieces (whole mango for 4 ppl).

4



Make mango salsa

- Combine **lime juice**, **tomatoes**, **mangoes**, **half the cilantro** and ¼ tsp (½ tsp) **sugar** to the medium bowl with **chopped onions**. Toss to combine.

5



Cook shrimp

- ***2 Double | Shrimp**
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **shrimp**. Season with **salt**. Cook, flipping halfway through, until **shrimp** just turn pink, 2-3 min.**
- Add **remaining garlic** and **Jerk Spice Blend**. Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat.

6



Finish and serve

- Add **remaining cilantro** to the pot with **rice and peas**. Season with **salt**, then fluff with a fork.
- Divide **rice and peas** between plates.
- Top with **shrimp**, then spoon **mango salsa** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

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

5 | Cook shrimp

***2 Double | Shrimp**

If you've opted for **double shrimp**, cook it in the same way the recipe instructs you to cook the **regular portion of shrimp**. Work in batches, if necessary.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.