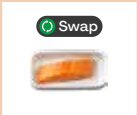




Smart Warm Shrimp Poke Bowl with Sesame Cauliflower and Edamame

Smart Meal

30 Minutes



Salmon Fillets
250 g | 500 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](http://www.hellofresh.ca)



- Shrimp
285 g | 570 g
- Cauliflower
285 g | 570 g
- Edamame
56 g | 113 g
- Spicy Mayo
1 tbsp | 2 tbsp
- Soy Sauce
½ tbsp | 1 tbsp
- Sesame Oil
1 tbsp | 2 tbsp
- Mini Cucumber
1 | 2
- Seasoned Rice Vinegar
1 tbsp | 2 tbsp
- Green Onion
2 | 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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Sugar, salt, pepper

Cooking utensils | Large non-stick pan, measuring spoons, 2 medium bowls, paper towels, slotted spoon, small bowl, strainer

1



Prep

• Before starting, wash and dry all produce.

- Thinly slice **cauliflower**, then finely chop into rice-sized pieces. (**TIP:** If you have a food processor, add cauliflower and pulse to rice-sized pieces!)
- Transfer to a medium bowl.
- Halve **cucumbers** lengthwise, then chop into ¼-inch half moons.
- Thinly slice **green onions**.

2



Cook cauliflower rice

- Heat a large non-stick pan over medium heat.
- When hot, add **half the sesame oil**, then **cauliflower, edamame** and **3 tbsp water**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using half the sesame oil and 3 tbsp water per batch.)
- Cook, stirring occasionally, until tender, 4-5 min.
- Season with **salt** and **pepper**.
- Transfer to another medium bowl and cover to keep warm.

3



Marinate cucumbers

- Meanwhile, add **vinegar, 1 tbsp** (2 tbsp) **water** and **¾ tsp** (1 ½ tsp) **sugar** to a small bowl. Stir until **sugar** is dissolved. Season with **salt**.
- Add **cucumber**, then stir to combine.
- Set aside.

4



Prep and cook shrimp

[Swap](#) | [Salmon Fillets](#)

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- Heat the same pan over medium-high heat. When hot, add **remaining sesame oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. ******

5



Glaze shrimp

- Add **soy sauce** and **¼ tsp** (½ tsp) **sugar** to the pan with **shrimp**. Cook, stirring often, until mixture thickens slightly and coats **shrimp**, 30 sec.
- Remove the pan from heat.

6



Finish and serve

- Using a slotted spoon, strain **cucumbers** from liquid.
- Divide **edamame** and **cauliflower rice** between bowls. Drizzle with **cucumber-marinating liquid**.
- Top with **shrimp** and **cucumbers**.
- Drizzle **spicy mayo** over top.
- Sprinkle **green onions** over top.

Measurements
within steps

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

4 | Prep and cook salmon

[Swap](#) | [Salmon Fillets](#)

If you've opted to get **salmon**, pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high heat. When hot, add remaining **sesame oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side. ******

****** Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively.