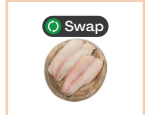




# Golden Coconut Shrimp

## with Green Onion Rice and Stir-Fried Veggies

Family Friendly 25-35 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



Jasmine Rice  
¼ cup | 1 ½ cups



Sweet Bell Pepper  
1 | 2



Shanghai Bok Choy  
1 | 2



Shredded Coconut  
2 tbsp | 4 tbsp



Panko Breadcrumbs  
½ cup | 1 cup



Plum Sauce  
¼ cup | ½ cup



Garlic Salt  
1 tsp | 2 tsp



Green Onion  
1 | 2



Mayonnaise  
2 tbsp | 4 tbsp

**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, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, 2 strainers

1



### Toast coconut and panko

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **panko** and **coconut**. Cook, stirring often, until golden, 2-3 min.
- Remove from heat, then transfer **coconut-panko mixture** to a plate. Set aside to cool.
- Carefully wipe the pan clean.

2



### Cook rice

- Add **1 cup** (2 cups) **water** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

3



### Prep and bake shrimp

- Swap | **Tilapia**
- Line a baking sheet with parchment paper.
- Using a separate strainer, drain and rinse **shrimp**. Pat dry with paper towels.
- Add **shrimp** and **mayo** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Transfer **coconut-panko mixture** to a zip-top bag. Add **shrimp**, then toss to coat completely. Shake off any excess **breadcrumbing**, then arrange **shrimp** in a single layer on the prepared baking sheet.
- Bake in the **top** of the oven until cooked through, 8-12 min.\*\*

4



### Prep veggies

- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Separate **bok choy leaves**, then cut into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt.)
- Thinly slice **green onion**.

5



### Cook veggies

- Reheat the same pan (from step 1) over medium-high.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until beginning to soften, 2-3 min.
- Add **bok choy**, then season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Transfer **veggies** to a plate, then cover to keep warm.

6



### Finish and serve

- Warm **plum sauce** in a small microwavable bowl or in a small pan over low heat. (**TIP:** Skip this step if you don't want to warm plum sauce!)
- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice**, **veggies** and **shrimp** between plates.
- Drizzle with **plum sauce** and sprinkle **remaining green onions** over top.

Measurements  
within steps

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

### 3 | Prep and bake tilapia

Swap | **Tilapia**

If you've opted to get **tilapia**, line a baking sheet with parchment paper, then pat **tilapia** dry with paper towels. Season with **salt** and **pepper**. Add **tilapia** to the prepared baking sheet. Spread **mayo** over tops of **tilapia**. Top with **coconut-panko mixture**, pressing down gently to adhere. Roast in the **top** of the oven until cooked through, 9-12 min.\*\*

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