

HELLO FRESH Smart Ginger-Hoisin Shrimp

with Super Crunch Salad and Peanut-Lime Dressing

25 Minutes Smart Meal

🔁 Customized Protein 🕂 Add 2 Double 🜔 Swap) or

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 🌑



Tilapia Fillets 300 g | 600 g



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.

56 g 113 g Ingredient quantities

2 tbsp | 4 tbsp

1 tbsp | 2 tbsp

Pantry items | Oil, sugar, salt, pepper

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



Pickle carrots

- Before starting, wash and dry all produce.
- Add carrots, vinegar, 1 tbsp (2 tbsp) water and 2 tsp (4 tsp) sugar to a small pot. Season with salt. Bring to a simmer over mediumhigh heat. Once simmering, cook, stirring often, until sugar dissolves, 1-2 min.
- Transfer **carrots**, including **liquid**, to a large bowl. Set aside in the fridge to cool.
- Add peanut butter packets and 1 cup warm water (same for 4 ppl) to a small bowl to soften.



Cook shrimp

🜔 Swap | Tilapia

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp (1 tbsp) oil, then shrimp, green onion whites and Moo Shu Spice Blend. Cook, stirring occasionally, until shrimp just turn pink, 2-3 min.**
- Remove from heat. Add **lime zest** and **remaining hoisin sauce**. Season with **salt** and **pepper**. Stir to mix.



Prep

- Zest, then juice **lime**.
- Thinly slice cucumber.
- Core, then thinly slice **pepper**.
- Thinly slice **green onions**, keeping whites and greens separate.



Make peanut-lime dressing

- Remove **peanut butter** from bowl and discard water.
- Add peanut butter, half the hoisin sauce, 1 tbsp (2 tbsp) lime juice, and ½ tbsp (1 tbsp) oil to the same bowl. Season with salt and pepper. Whisk until smooth.



4 | Cook tilapia

🜔 Swap | Tilapia

If you've opted to get **tilapia**, cut **tilapia** into 1-inch pieces and cook in the same way the recipe instructs you to cook the **shrimp**, increasing cooking time by 1-2 minutes.**



Finish and serve

- Strain and discard all pickling liquid from carrots. Add peppers, spring mix, cucumbers and peanut-lime dressing to carrots. Toss to coat.
- Divide salad between plates.
- Top with shrimp.
- Sprinkle crispy shallots and remaining green onions over top.

** Cook shrimp and fish to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.