



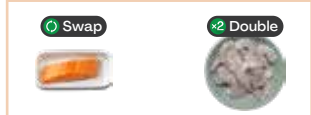
Crispy Shrimp and Green Beans

with Green Onion Rice and Plum Sauce

25 Minutes

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)



Salmon Fillets, skin on
250 g | 500 g

Shrimp
570 g | 1140 g

Shrimp
285 g | 570 g

Jasmine Rice
¾ cup | 1 ½ cup

Green Beans
170 g | 340 g

Cornstarch
2 tbsp | 4 tbsp

Crispy Shallots
28 g | 56 g

Moo Shu Spice Blend
1 tbsp | 2 tbsp

Plum Sauce
¼ cup | ½ cup

Soy Sauce
1 tbsp | 2 tbsp

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 | Pepper, oil, salt

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

1



Cook rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **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.

2



Prep

🔄 Swap | **Salmon Fillets**

✖2 Double | **Shrimp**

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Thinly slice **green onion**.
- Whisk together **plum sauce**, **soy sauce** and **1 tbsp** (2 tbsp) **water** in a small bowl until well combined. Set aside.
- Using a colander, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

3



Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **1 tbsp** (2 tbsp) **water** and **green beans**. Cook, stirring often, until tender-crisp and water evaporates, 4-5 min.
- Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **green beans** to a plate, then cover to keep warm.

4



Cook shrimp

- Combine **Moo Shu Spice Blend** and **cornstarch** in a zip-top bag. Add **shrimp**, then toss to coat.
- Add **1 1/2 tbsp oil** to the same pan (from step 3) and reduce heat to medium.
- Shake off any excess coating on **shrimp**, then add **shrimp** to the pan. (**NOTE:** Don't overcrowd the pan; cook shrimp in 2 batches for 4 ppl, using 1 1/2 tbsp oil per batch.)
- Cook, flipping **shrimp** halfway through, until golden-brown and cooked through, 2-3 min.**

5



Finish and serve

- Fluff **rice** with a fork, then stir in **green onions** and **half the crispy shallots**.
- Divide **green onion rice** between bowls. Top with **green beans** and **shrimp**.
- Drizzle **plum sauce mixture** over top.
- Sprinkle with **remaining crispy shallots**.

Measurements
within steps

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

2 | Prep

🔄 Swap | **Salmon Fillets**

If you've opted to get **salmon**, pat dry with paper towels, then cut into 1-inch pieces. Season and cook in the same way the recipe instructs you to season and cook the **shrimp****

2 | Prep

✖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 shrimp to a minimum internal temperature of 74°C/165°F, as size may vary, and cook salmon to a minimum internal temperature of 74°C/165°F, as size may vary.