



Carb Smart Coconut Shrimp

with Spicy Mayo and Edamame Slaw

Smart Meal

Spicy

30 Minutes

Swap



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



Crispy Shallots
56 g | 112 g



Shredded Coconut
6 tbsp | 12 tbsp



Sweet Bell Pepper
1 | 2



Red Cabbage, shredded
113 g | 226 g



Edamame
113 g | 226 g



Spicy Mayo
6 tbsp | 12 tbsp



Seasoned Rice Vinegar
1 tbsp | 2 tbsp



Green Onion
1 | 2



Peanuts, chopped
28 g | 112 g



Soy Sauce
½ tbsp | 1 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 | Salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, paper towels, parchment paper, shallow dish, small bowl, strainer

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Reserve **half of the crispy shallots** for serving.
- Crush **remaining crispy shallots** in their package until broken into small crumbs (or finely chop, if you prefer).
- Combine **coconut** and **crushed crispy shallots** in a shallow dish.
- Core, then cut **pepper** into 1/8-inch strips.
- Thinly slice **green onion**.
- Add **1 tbsp** (2 tbsp) **spicy mayo** to a medium bowl. Set **remaining spicy mayo** aside to use in step 5.

4



Cook edamame

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **edamame** and 1/3 **cup** (1/2 cup) **water**. Season with **salt** and **pepper**. Cook, stirring often, until beginning to brown and water is absorbed, 5-6 min.
- Remove from heat, then transfer to a large bowl.

2



Prep and coat shrimp

Swap | Tilapia

- Line a baking sheet with parchment. (**NOTE:** For 4 ppl, line two baking sheets.)
- Using a strainer, drain and rinse **shrimp**. Pat dry with paper towels.
- Add **shrimp** to the medium bowl with **spicy mayo**. Toss to coat **each shrimp**.
- Transfer **shrimp** to the shallow dish with **coconut mixture**, then toss to coat **each shrimp**.

5



Make slaw

- Meanwhile, add **peppers, cabbage, vinegar, soy sauce** and **2 tbsp** (1/4 cup) **spicy mayo** to bowl with **edamame**. Season with **pepper**, then toss to combine.
- Reserve **remaining spicy mayo** in a small bowl for serving.

3



Roast shrimp

- Arrange **shrimp** on the prepared sheet in a single layer.
- Roast in the **middle** of the oven until **shrimp** are cooked through, 7-10 min.** (**NOTE:** For 4 ppl, roast shrimp in the top and middle of the oven, rotating halfway through.)

6



Finish and serve

- Divide **slaw** and **shrimp** between plates.
- Sprinkle **peanuts, green onions** and **remaining crispy shallots** over top.
- Serve **reserved spicy mayo** alongside, for dipping.

Measurements
within steps

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

2 | Prep and coat tilapia

Swap | Tilapia

If you've opted to get **tilapia**, line a baking sheet with parchment. Pat **tilapia** dry with paper towels. Season with **salt** and **pepper**. Add **tilapia** to the prepared baking sheet. Spread **spicy mayo** over **tilapia**. Top with **coconut mixture**, pressing down gently to adhere. Roast in the **middle** of the oven until cooked through, 9-12 min.** Follow the rest of the recipe as written.

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