



# Cal Smart Honey Shrimp and Broccoli with Garlic Rice

Calorie Smart 25 Minutes



Shrimp



Parboiled Rice



Broccoli, florets



Green Onions



Garlic Salt



Honey



Cornstarch



Soy Sauce

HELLO SHRIMP

*Our shrimp are sourced sustainably to help preserve the health of our oceans!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Parboiled Rice	¾ cup	1½ cups
Broccoli, florets	227 g	454 g
Green Onions	1	2
Garlic Salt	1 tsp	2 tsp
Honey	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

### 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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

### Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### Cook rice

Heat a medium pot over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **rice** and **half the garlic salt**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



### Prep

While **rice** cooks, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Whisk together **honey**, **soy sauce**, **cornstarch** and **¾ cup water** (dbl for 4 ppl) in a medium bowl.



### Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **broccoli**, **remaining garlic salt** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Remove the pan from heat. Transfer **broccoli** to a plate and cover to keep warm.



### Cook shrimp

Drain and rinse **shrimp** using a strainer, then pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium. When hot, add **2 tsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.



### Make sauce

Add **honey mixture** from the medium bowl to the pan with **shrimp**. Bring to a boil and cook, stirring often, until **sauce** thickens and **shrimp** is cooked through, 1-2 min.\*\*



### Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between bowls. Top with **broccoli**, **shrimp** and **sauce** from the pan. Sprinkle **remaining green onions** over top.

## Dinner Solved!