



Cal Smart Szechuan Honey Shrimp

with Ginger Rice, Carrots and Zucchini

Calorie Smart Spicy Quick 25 Minutes



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Shrimp



Jasmine Rice



Carrot



Zucchini



Green Onion



Ginger-Garlic Puree



Garlic Salt



Honey



Soy Sauce



Szechuan Sauce

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Jasmine Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Zucchini	200 g	400 g
Green Onion	1	2
Ginger-Garlic Puree	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Honey	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Szechuan 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.

1



Make ginger rice

- Heat a medium pot over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **rice**, **½ tbsp** (1 tbsp) **ginger-garlic puree** and **half the garlic salt**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and bring to a boil over high.
- 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.

4



Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- Reheat the same pan over medium.
- When hot, add **2 tsp** (4 tsp) **oil**, then **shrimp**. Cook, stirring occasionally, until starting to turn pink, 1-2 min. (**NOTE**: Shrimp will finish cooking in step 5.)

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ½-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice **green onion**.

5



Make sauce and finish shrimp

- Meanwhile, whisk together **honey**, **soy sauce**, **Szechuan sauce**, **½ tbsp** (1 tbsp) **ginger-garlic puree** and **⅓ cup** (⅔ cup) **water** in a medium bowl.
- Add **sauce mixture** to the pan with **shrimp**. Bring to a boil.
- Once boiling, cook, stirring often, until **sauce** thickens and **shrimp** are cooked through, 2-3 min. **** (TIP**: For a lighter sauce consistency, add more water, 1-2 tbsp at a time, if desired.)

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **carrots** and **zucchini**. Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min. (**TIP**: If veggies are browning too quickly, reduce heat to medium.)
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.

6



Finish and serve

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

Dinner Solved!



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