



# Cal Smart Szechuan Honey Shrimp

with Jasmine Rice, Carrots and Zucchini

Smart

Spicy

25 Minutes

+ Add



Salmon Fillets, skin-on  
250 g | 500 g

↗ Custom Recipe

+ 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



Jasmine Rice  
3/4 cup | 1 1/2 cups



Carrot  
1 | 2



Zucchini  
1 | 2



Green Onion  
1 | 2



Ginger Sauce  
4 tbsp | 8 tbsp



Garlic Salt  
1 tsp | 2 tsp



Honey  
1 tbsp | 2 tbsp



Fish Sauce  
1 tbsp | 2 tbsp



Szechuan Sauce  
2 tbsp | 4 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 | Oil, pepper

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

1



## Cook rice

- Before starting, add **1 ¼ cups** (2 ½ cups) **water** to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** and **half the garlic salt** to the **boiling water**. Return to a boil, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



## Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **pepper**.
- Reheat the same pan (from step 3) over medium.
- When hot, add **2 tsp** (4 tsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Transfer **shrimp** to a plate.

2



## Prep

+ Add | **Salmon Fillets, skin-on**

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ⅛-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice **green onions**.

5



## Make sauce

- Meanwhile, whisk together **honey**, **fish sauce**, **ginger sauce**, **Szechuan sauce** and ¼ cup (½ cup) **water** in a medium bowl.
- Add **sauce mixture** to the same pan. Bring to a gentle boil.
- Once boiling, cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Return **shrimp** to the pan, then toss to coat. (**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 **2 tsp** (4 tsp) **oil**, then **carrots** and **zucchini**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-7 min. (**TIP:** If veggies are browning too quickly, reduce heat to medium.)
- Remove from heat. Season with **remaining garlic salt** and **pepper**, to taste.
- Transfer **veggies** to a plate, then cover to keep warm.

6



## Finish and serve

+ Add | **Salmon Fillets, skin-on**

- 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.

Measurements  
within steps

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

## 2 | Prep and cook salmon

+ Add | **Salmon Fillets, skin-on**

If you've opted to add **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Cover to keep warm. Reuse the pan to cook **veggies** in step 3.

## 6 | Finish and serve

+ Add | **Salmon Fillets, skin-on**

Arrange **salmon** on top of final dish.

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



Issue with your meal? Scan the QR code to share your feedback.