



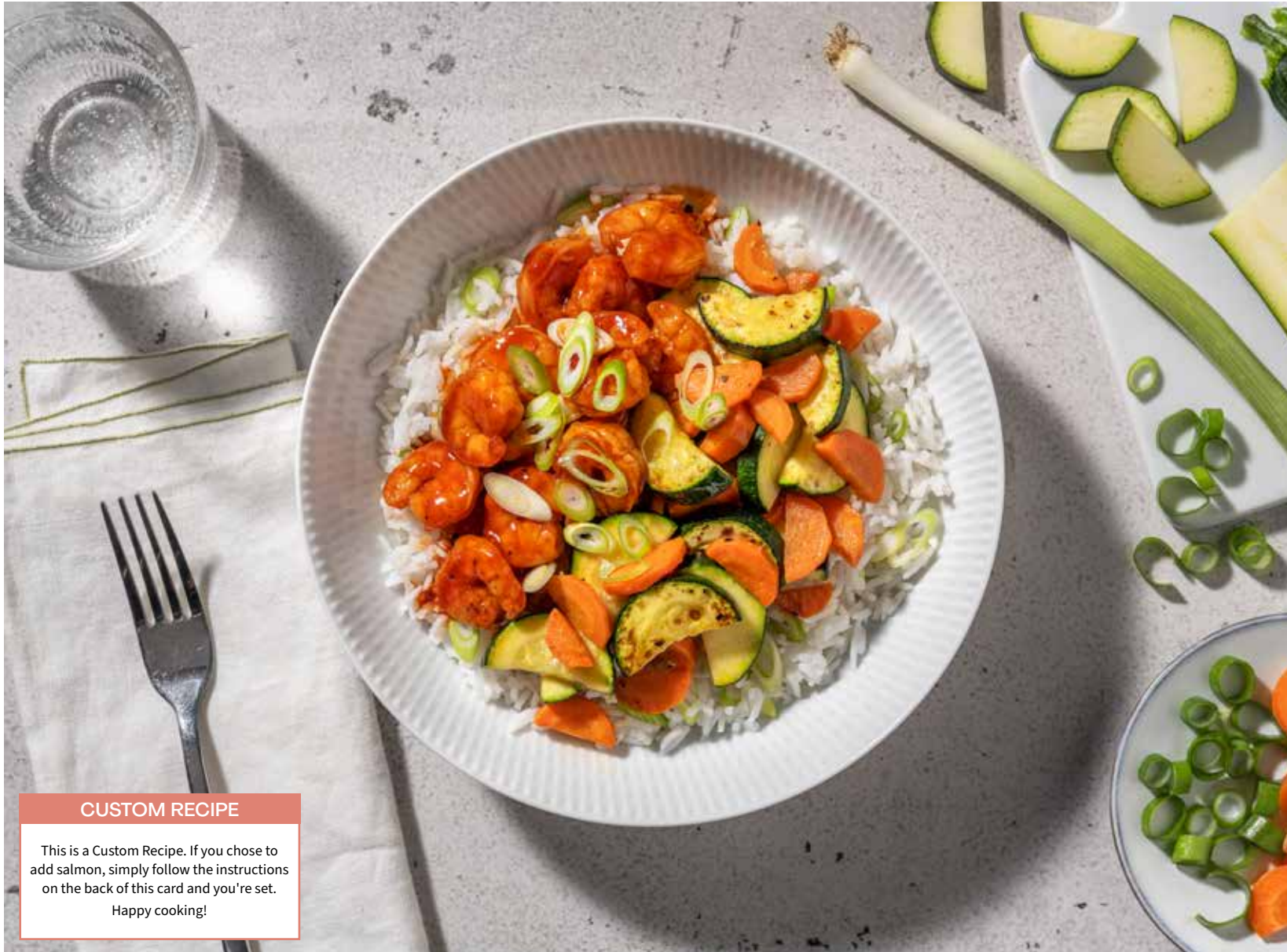
Cal Smart Szechuan Honey Shrimp

with Fluffy Rice, Carrots and Zucchini

Calorie Smart Spicy Quick 25 Minutes



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- Shrimp
- Salmon
- Jasmine Rice
- Carrot
- Zucchini
- Green Onion
- Ginger Sauce
- Garlic Salt
- Honey
- Fish Sauce
- Szechuan Sauce

CUSTOM RECIPE
This is a Custom Recipe. If you chose to add salmon, simply follow the instructions on the back of this card and you're set.
Happy cooking!

Start here

- 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.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person 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
Salmon	250 g	500 g
Jasmine Rice	¾ cup	1 ½ 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
Oil*		
Salt and Pepper*		

* Pantry items

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



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1



Cook rice

- 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 **salt** and **pepper**.
- Reheat the same pan (from step 3) 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.)

If you've opted to add **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Reheat the same pan over medium. 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, then cover to keep warm. Reuse the same pan to cook **shrimp**.

2



Prep

- 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 and finish shrimp

- Meanwhile, whisk together **honey**, **fish sauce**, **ginger sauce**, **Szechuan sauce** and **½ cup** (¾ 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 **2 tsp** (4 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.

Arrange **salmon** on top of bowl.

Dinner Solved!