



Cal Smart Umami Shrimp Bowls

with Sesame Rice

Calorie Smart

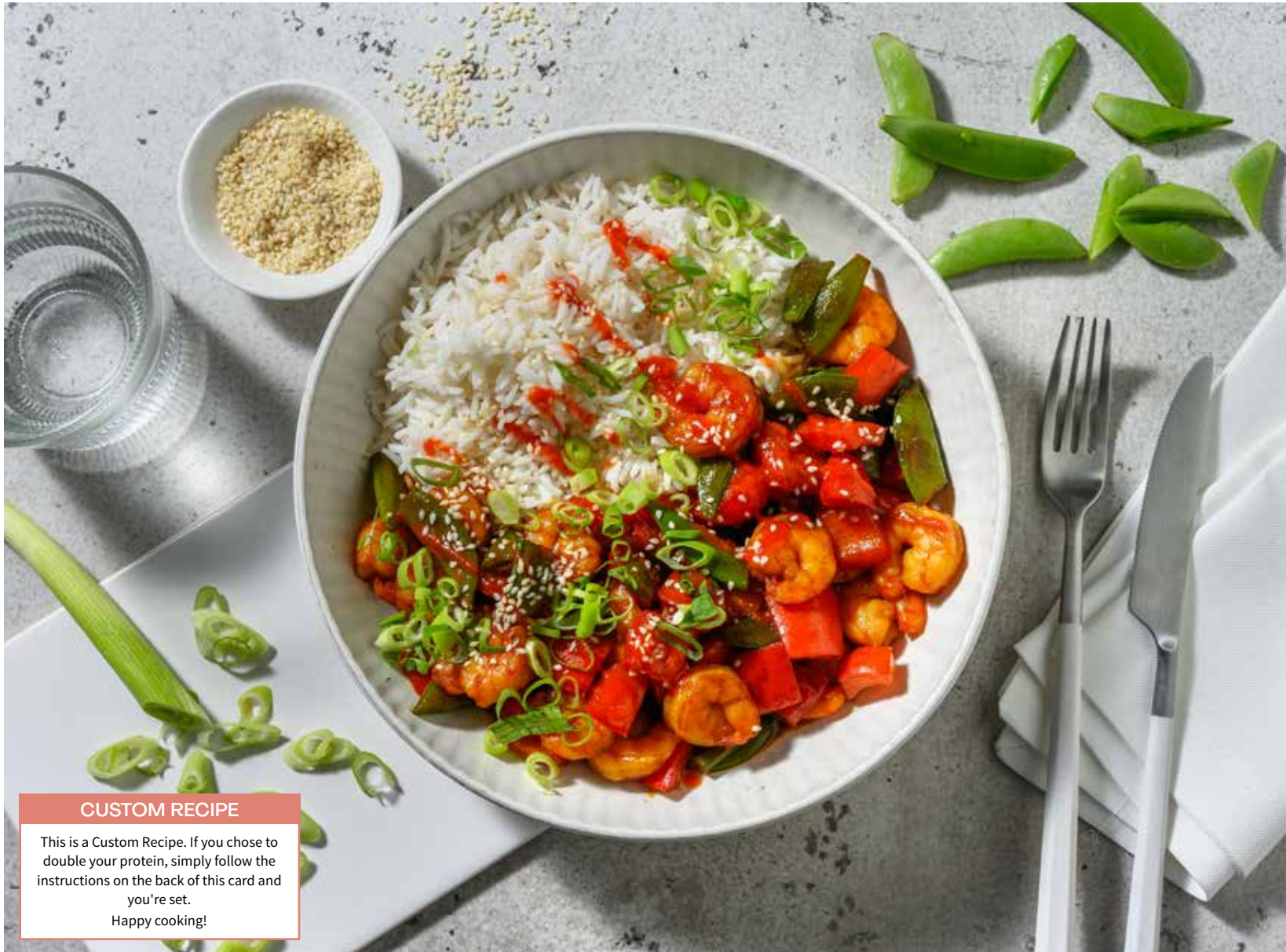
Optional Spice

Quick

25 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Shrimp



Double Shrimp



Jasmine Rice



Sweet Bell Pepper



Snow Peas, trimmed



Green Onion



Vegetarian Oyster Sauce



Ginger-Garlic Puree



Rice Vinegar



Sriracha



Sesame Oil



Sesame Seeds

HELLO VEGETARIAN OYSTER SAUCE

A savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

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

Heat Guide for Step 6:

- Mild: ½ tsp (1 tsp)
- Medium: 1 tsp (2 tsp)
- Spicy: 1 ½ tsp (3 tsp)
- Extra-spicy: 2 tsp (4 tsp)

Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Double Shrimp	570 g	1140 g
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	1	2
Snow Peas, trimmed	56 g	113 g
Green Onion	1	2
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Sesame Oil	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
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.



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1



Cook rice

- Add **1 cup** (2 cups) **water** and **⅛ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Cook veggies

- Add **sesame oil** to the same pan, then **snow peas** and **peppers**. Cook, stirring often, until **veggies** begin to soften, 1 min.
- Add **ginger-garlic puree** and **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**

2



Prep

- Meanwhile, trim, then halve **snow peas**.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of shrimp**.

5



Make sauce

- Add **vegetarian oyster sauce**, **rice vinegar** and **¼ cup** (½ cup) **water**. (**TIP:** Add ½ tsp [1 tsp] sugar, if desired). Season with **pepper**, then stir to combine.
- Cook, stirring occasionally, until **sauce** slightly thickens and **shrimp and veggies** are coated, 1-2 min.

3



Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Transfer to a plate.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the sesame seeds**. Season with **salt**.
- Divide **rice** between bowls. Top with **shrimp stir-fry**.
- Drizzle **½ tsp** (1 tsp) **sriracha** over top. (**NOTE:** Reference heat guide.)
- Sprinkle **remaining sesame seeds** and **green onions** over top.

Dinner Solved!