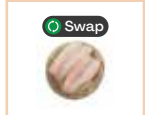




Golden Coconut Shrimp

with Green Onion Rice and Stir-Fried Veggies

Family Friendly 30-40 Minutes



Tilapia Fillets
300 g | 600 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
¾ cup | 1 ½ cups



Sweet Bell Pepper
1 | 2



Shanghai Bok Choy
1 | 2



Shredded Coconut
2 tbsp | 4 tbsp



Panko Breadcrumbs
½ cup | 1 cup



Plum Sauce
4 tbsp | 8 tbsp



Garlic Salt
1 tsp | 2 tsp



Green Onion
1 | 2



Mayonnaise
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, salt, pepper

Cooking utensils | Baking sheet, medium bowl, measuring spoons, 2 strainers, medium pot, parchment paper, small microwavable bowl, measuring cups, large non-stick pan, paper towels, zip-top bag

1



Toast coconut and panko

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **panko** and **coconut**. Cook, stirring often, until golden, 2-3 min.
- Remove from heat, then transfer **coconut-panko mixture** to a plate. Set aside to cool.
- Carefully wipe the pan clean.

2



Cook rice

- Add **1 cup** (2 cups) **water** and **half the garlic 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.

3



Prep and bake shrimp

Swap | Tilapia Fillets

- Meanwhile, line a baking sheet with parchment paper.
- Using a separate strainer, drain and rinse **shrimp**. Pat dry with paper towels.
- Add **shrimp** and **mayo** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Transfer **coconut-panko mixture** to a zip-top bag. Add **shrimp**, then toss to coat completely.
- Shake off any excess breading, then arrange **shrimp** in a single layer on the prepared baking sheet.
- Bake in the **top** of the oven until cooked through, 8-12 min.**

4



Prep veggies

- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Separate **bok choy leaves**, then cut into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Thinly slice **green onion**.

5



Cook veggies

- Reheat the same pan (from step 1) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until beginning to soften, 2-3 min.
- Add **bok choy**, then season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Transfer **veggies** to a plate, then cover to keep warm.

6



Finish and serve

- Warm **plum sauce** in a small microwavable bowl or in a small pan over low heat. (**TIP:** Skip this step if you don't want to warm plum sauce!)
- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice**, **veggies** and **shrimp** between plates.
- Drizzle with **plum sauce** and sprinkle **remaining green onions** over top.

Measurements within steps

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

3 | Prep and bake tilapia

Swap | Tilapia Fillets

If you've opted to get **tilapia**, line a baking sheet with parchment paper, then pat **tilapia** dry with paper towels. Season with **salt** and **pepper**. Add to the prepared baking sheet. Spread **mayo** over **tops of tilapia**. Top with **coconut-panko mixture**, pressing down gently to adhere. Bake in the **top** of the oven until cooked through, 9-12 min.**

** Cook shrimp and tilapia 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.