



Smart Hoisin-Glazed Shrimp

with Stir-Fried Sesame Veggies

Calorie Smart

Carb Smart

Quick

25 Minutes



Shrimp



Coleslaw Cabbage Mix



Hoisin Sauce



Peanuts, chopped



Sweet Bell Pepper



Sesame Oil



Shanghai Bok Choy



Garlic, cloves



Ginger



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HELLO HOISIN SAUCE

A sweet and savoury sauce that adds an extra boost of flavour!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, grater, strainer, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Coleslaw Cabbage Mix	170 g	340 g
Hoisin Sauce	2 tbsp	4 tbsp
Peanuts, chopped	28 g	56 g
Sweet Bell Pepper	160 g	320 g
Sesame Oil	1 tbsp	2 tbsp
Shanghai Bok Choy	113 g	226 g
Garlic, cloves	2	4
Ginger	30 g	60 g
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.

Contact

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Prep

- Core, then cut **pepper** into ¼-inch slices.
- Cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy to wash away any hidden dirt!)
- Peel, then mince or grate **garlic**.
- Peel, then mince or grate **½ tbsp ginger** (dbl for 4 ppl).
- Drain, then rinse **shrimp**. Pat dry with paper towels, then season with **salt** and **pepper**.



Stir-fry veggies

- Add **sesame oil** to the same pan, then **peppers, bok choy** and **coleslaw cabbage mix**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Add **ginger, garlic** and **1 tbsp hoisin sauce** (dbl for 4 ppl). Cook, stirring constantly, until fragrant, 1-2 min.
- Season with **salt** and **pepper**, then remove from heat.



Toast peanuts

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



Finish and serve

- Divide **stir-fried veggies** between plates. Top with **hoisin-glazed shrimp**.
- Sprinkle **toasted peanuts** over top.

Dinner Solved!



Cook shrimp

- Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Transfer **shrimp** and **1 tbsp hoisin sauce** (dbl for 4ppl) to a medium bowl, then toss to combine.
- Cover to keep warm.