



More than Food

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Shrimp Pad See Ew

with Broccoli, Mushrooms, and Peanuts

Pad See Ew—one of the most popular Thai noodle dishes—uses wide rice noodles to soak up its sweet soy-based sauce. Flavored with ginger, garlic, and Thai chili pepper, this stir-fry packs intense flavor.

45 min

level 2

make me first

dairy free

gluten free

spicy



Shrimp



Broccoli Florets



Button Mushrooms



Wide Rice Noodles



Peanuts



Shallot



Basil



Garlic



Soy Sauce



Ginger



Thai Chili Pepper

Ingredients

	2 People	4 People
Shrimp	8 oz	16 oz
Broccoli Florets	6 oz	12 oz
Button Mushrooms	4 oz	8 oz
Wide Rice Noodles	6 oz	12 oz
Peanuts	1 oz	2 oz
Shallot	1	2
Basil	½ oz	1 oz
Garlic	2 cloves	4 cloves
Soy Sauce	1 T	2 T
Ginger	1 thumb	2 thumbs
Thai Chili Pepper	1	2
Sugar*	1 T	2 T
Oil*	2 T	4 T

*Not Included

Allergens

- 1) Shellfish
- 2) Peanuts
- 3) Soy

Tools

Large Pot, Large Pan,
Peeler, Strainer,
Small Bowl, Grater

Nutrition per person Calories: 649 cal | Carbs: 90 g | Fat: 22 g | Protein: 29 g | Fiber: 9 g | Sodium: 1156 mg

Make sure to wash and dry produce before prepping or cooking!



1 Bring a large pot of water with a large pinch of **salt** to a boil. Cut the **broccoli florets** into bite-sized pieces. Halve, peel, and thinly slice the **shallot**. Thinly slice the **garlic**. Thinly slice the **mushrooms**. Roughly chop the **peanuts**. Peel and grate the **ginger**. Tear the **basil leaves** into small pieces. Thinly slice the **Thai chili pepper**, removing the seeds if you prefer less heat.

TIP: Make sure to thoroughly wash hands and surfaces after handling the **chili pepper**. The heat is transferable and can burn more than just your throat!

2 Heat **½ Tablespoon oil** in a large pan over medium-high heat. Add the **garlic** to the pan and cook for 30 seconds, until fragrant. Add the **broccoli** and toss to coat in the oil. Season with **salt** and **pepper**. Add **½ cup water** to the pan and cook, tossing, for 4-5 minutes, until the broccoli is tender and water has evaporated. Season with **salt** and **pepper** and set aside.

3 In the same pan, heat another **1 Tablespoon oil** over medium-high heat. Add the **mushrooms** to the pan and cook, tossing, for 4-5 minutes, until golden brown. Season with **salt** and **pepper**, then set aside with the **broccoli**.

4 **Cook the noodles:** add the **rice noodles** to the boiling water, remove the pot from the heat, and let sit for 6-7 minutes, until al dente. Stir occasionally to prevent clumping. Drain and rinse under cold water.

5 In a small bowl, combine the **soy sauce** and **1 Tablespoon sugar**.

6 In the same pan, heat another **½ Tablespoon oil**. Add the **shallot** and **Thai chili pepper** (to taste, it's very spicy!) and cook for 2-3 minutes, until softened. Add the **ginger** and **shrimp** to the pan and cook for 1-2 minutes, until the shrimp are just barely opaque. Season with **salt** and **pepper**.

7 **Finish the Pad See Ew:** add the **broccoli, mushrooms, basil, rice noodles**, and the **soy sauce mixture** into the pan. Toss for 1-2 minutes, until thoroughly combined and heated through.

8 Serve the **Pad See Ew** divided between bowls and garnished with the **peanuts**. Enjoy!

Ruler

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