



# BANGLADESHI-STYLE SHRIMP & GREEN BEANS

with Basmati Rice & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup  
Basmati Rice



1 | 2  
Onion



6 oz | 12 oz  
Green Beans



10 oz | 20 oz  
Shrimp  
Contains: Shellfish



1 tsp | 1 tsp  
Ground Cumin



1 TBSP | 1 TBSP  
Curry Powder



1 tsp | 1 tsp  
Garam Masala



1 tsp | 2 tsp  
Garlic Powder



¼ oz | ½ oz  
Cilantro



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HELLO

CHINGRI

Chingri ("shrimp" in Bengali) are stir-fried with long beans for a popular homestyle meal. For our spin, we sub in green beans!



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 440





# HELLO FRESH

## IN FULL BLOOM

In Step 3, you'll briefly sizzle the spices in oil (a technique called blooming) to help bring out their full depth of flavor.

## BUST OUT

- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (1/8 tsp | 1/4 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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\*Shrimp are fully cooked when internal temperature reaches 145°.



## 1 COOK RICE

- In a small pot, combine **rice**, **3/4 cup water (1 1/2 cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in Step 6.



## 4 COOK VEGGIES & SHRIMP

- To pan with **spices**, add **onion, garlic powder, 1 TBSP butter, 1/8 tsp sugar, and a large pinch of salt (2 TBSP butter and 1/4 tsp sugar for 4 servings)**. Cook, stirring occasionally, until onion is softened and lightly browned, 3-5 minutes.
- Add **green beans, shrimp, and 1/2 cup water (3/4 cup for 4)**. Cook, stirring, until liquid has reduced and shrimp are opaque and cooked through, 3-4 minutes (**TIP: If mixture seems dry before shrimp are done, stir in a splash of water. If there is still water remaining, continue to cook until reduced.**) Taste and season with **salt and pepper** if desired.



## 2 START PREP

- Meanwhile, **wash and dry produce**. Halve, peel, and finely chop **onion**. Trim **green beans** if necessary; halve crosswise.
- Rinse **shrimp\*** under cold water, then pat dry with paper towels. Season all over with **salt and pepper**.



## 5 FINISH PREP

- Meanwhile, roughly chop **cilantro**.



## 3 BLOOM SPICES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Once pan is hot, add **half the cumin, half the curry powder, and half the garam masala (all the cumin, all the curry powder, and all the garam masala for 4 servings)**. Cook, stirring, until fragrant, 30 seconds.



## 6 FINISH & SERVE

- Fluff **rice** with a fork; season with **salt and pepper** to taste.
- Divide rice between shallow bowls; top with **shrimp and green beans**. Garnish with **cilantro** and serve.

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