



# SIZZLIN' SHRIMP BOWLS WITH SPICY MAYO

plus Garlicky Roasted Broccoli & Sesame Seeds

## INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup(s) | 1½ Cup(s)  
White Rice



8 oz | 16 oz  
Broccoli



2 | 4  
Scallions



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Shrimp  
Contains: Shellfish



4 TBSP | 8 TBSP  
Spicy Mayo  
Contains: Eggs, Soy, Wheat



1 TBSP | 2 TBSP  
Sesame Seeds  
Contains: Sesame



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## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



1¼ Cup(s) | 2½ Cup(s)  
Brown Rice

Calories: 660



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 660



HELLO

### SESAME SEEDS

Add nutty flavor and crisp texture to your rice bowls with a shower of savory sesame seeds just before serving.

### DIVIDE & CONQUER

Why separate the scallion whites from the greens? The whites are better for cooking, while the greens are better for topping.

### BUST OUT

- Small pot
- Paper towels
- Large pan
- Small bowl
- Kosher Salt
- Cooking Oil
- Black Pepper

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### HOW WAS YOUR MEAL?



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### 1 COOK RICE

- In a small pot, combine **rice**, **1¼ cups water (2¼ 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 serve.

- Swap in **brown rice** for white rice; use **1¼ cups water (3½ cups for 4 servings)** and a **pinch of salt**. Cook for 20-25 minutes. **(Save white rice for another use.)**



### 4 COOK SHRIMP

- While broccoli cooks, rinse **shrimp\*** under cold water, then pat dry with paper towels. Season all over with **remaining garlic powder, salt,** and **pepper**.
- Heat a **drizzle of oil** in same pan over high heat. Add shrimp and **scallion whites**; cook, stirring occasionally, until shrimp are opaque and cooked through, 3-4 minutes.



### 2 PREP

- While rice cooks, **wash and dry produce**.
- Cut **broccoli** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens.



### 5 MAKE SAUCE

- Place **spicy mayo** in a small bowl. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



### 3 COOK BROCCOLI

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **broccoli**; season with **half the garlic powder (you'll use the rest in the next step)**, a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Turn off heat; transfer to a plate. Wipe out pan.



### 6 FINISH & SERVE

- Fluff **rice** with a fork; taste and season with **salt** and **pepper**.
- Divide rice between shallow bowls; top with **shrimp** and **broccoli** in separate sections. Drizzle shrimp with **spicy mayo**; sprinkle bowls with **scallion greens** and **sesame seeds**. Serve.

\*Shellfish is fully cooked when internal temperature reaches 145°.