



S E P  
2016

## Sesame Shrimp

with Ginger-Green Onion Rice and Crispy Green Beans

Tossing shrimp in a sweet hoisin glaze creates delicious caramelization in the pan. By stirring a bit of ginger and green onion into the rice, we're infusing it with fragrant aromatics. These quick tricks make for a super flavourful 30-minute stir-fry!

Prep  
30 min

level 1

dairy free

make me first



Shrimp



Jasmine Rice



Ginger



Green Onions



Garlic



Hoisin Sauce



Sesame Seeds



Limes



Green Beans

## Ingredients

		4 People
Shrimp	1)	2 pkg (570 g)
Jasmine Rice		1 pkg (1½ cups)
Green Beans		1 pkg (454 g)
Ginger		1 knob (30 g)
Green Onions		4
Garlic		4 cloves
Hoisin Sauce	2) 3) 4)	1 pkg (2 tbsp)
Sesame Seeds, toasted		1 pkg (2 tbsp)
Limes		2
Olive or Canola Oil *		

\*Not Included

## Allergens

- 1) Shellfish/Fruits de mer
- 2) Wheat/Blé
- 3) Sesame/Sésame
- 4) Soy/Soya

Ruler

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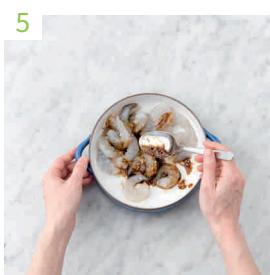
**Nutrition per person** Calories: 371 cal | Fat: 9 g | Sat. Fat: 1 g | Protein: 21 g | Carbs: 55 g | Sugar: 7 g | Sodium: 886 mg | Fiber: 5 g  
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



**1** Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!

5



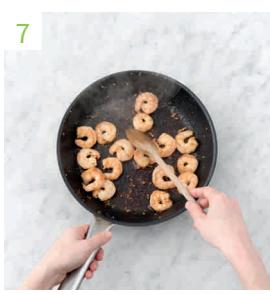
**2** Prep: Wash and dry all produce. In a medium pot, bring 2½ cups salted water to a boil. Trim the ends of the green beans. Thinly slice the green onions, keeping the green and whites separate. Mince or grate the garlic. Peel and finely grate 1 tbsp ginger. (TIP: Use a spoon to scrape the peel off the ginger!) Cut the lime into wedges.

6



**3** Cook the rice: Rinse and drain the rice in cold water, then add it to the boiling water. Reduce the heat to medium-low. Simmer, covered, until the rice is tender and the water has been absorbed, 10-12 min.

7



**4** Roast the green beans: Toss the green beans on a baking sheet with a drizzle of oil and a pinch of salt and pepper. Bake in the centre of the oven, stirring halfway through cooking, until beans are slightly crispy, 15-17 min.

**5** Prep the shrimp: Meanwhile, in a medium bowl, toss the shrimp, hoisin sauce, garlic, and half the ginger together until thoroughly combined. Season with salt and pepper.

**6** Cook the aromatics: Heat a large pan over medium heat. Add a drizzle of oil, then the green onion whites and remaining ginger (or less if the kids prefer it!) Cook, stirring, until soft and slightly golden, 2-3 min. Transfer to the pot with the rice and stir to combine.

**7** Cook the shrimp: Add the shrimp and a drizzle of oil to the same pan over high heat. Cook until the shrimp are opaque and slightly charred on the outside, 2-3 min.

**8** Finish and serve: Serve the sesame shrimp on a bed of rice with the crispy green beans to the side. Sprinkle with the green onion greens, sesame seeds, and serve with a lime wedge. Enjoy!

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