



SEP
2016

Sesame Shrimp

with Scallion Rice and Roasted Zucchini

If you're like us, you've seen a lot of stir-fries in your day. But thanks to our sweet caramelized glaze, aromatic rice, and sprinkle of crunchy sesame seeds, this one is bound to top them all. Plus, your kids will love it. Sounds like a win-win to us.



Prep: 10 min
Total: 35 min



level 1



make
me first



gluten
free



dairy
free



Shrimp



Jasmine
Rice



Zucchini



Ginger



Garlic



Hoisin
Sauce



Sesame
Seeds



Lime



Scallions

Ingredients

Shrimp	1)	4 People	16 oz
Jasmine Rice			1½ Cups
Zucchini			2
Ginger			1 Thumb
Scallions			4
Garlic			2 Cloves
Hoisin Sauce	2)		2 T
Sesame Seeds			2 T
Lime			1
Oil*			2 T

*Not Included

Allergens

1) Shellfish

2) Soy

Tools

Medium pot, Peeler, Grater, Baking sheet, Medium Bowl, Large pan

Nutrition per person Calories: 433 cal | Fat: 7 g | Sat. Fat: 1 g | Protein: 23 g | Carbs: 69 g | Sugar: 7 g | Sodium: 455 mg | Fiber: 3 g



1

1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. In a medium pot, bring **3 cups water** and a large pinch of **salt** to a boil. Halve the **zucchini** lengthwise, then cut into ¼-inch half-moons. Thinly slice the **scallions**. Mince or grate the **garlic**. Peel and finely grate the **ginger**. Add the **rice** to the boiling water. Cover and reduce to a low simmer for 15-20 minutes, until tender.



3

2 Roast the zucchini: Toss the **zucchini** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, flipping halfway through, until slightly golden brown.

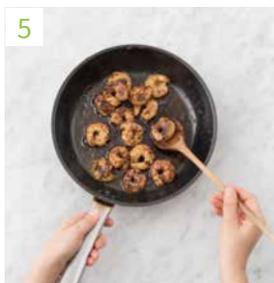
3 Marinate the shrimp: In a medium bowl, toss together the **shrimp**, **hoisin**, **garlic**, and half the **ginger** until thoroughly combined. Season with **salt** and **pepper**.



4

4 Cook the aromatics: Heat a large drizzle of **oil** in a large pan over medium heat. Add the **scallions** and remaining **ginger**. Cook, tossing, for 2-3 minutes, until soft and slightly golden. Transfer to the pot with the **rice**, stir to combine, and cover.

5 Cook the shrimp: With about 4 minutes left on the **rice**, add the **marinated shrimp** to the same pan over high heat along with a large drizzle of **oil**. Cook, tossing, for 3-4 minutes, until **shrimp** are opaque and slightly charred on the outside.



5

6 Serve: Cut the **lime** into wedges. Serve the **shrimp** on a bed of **scallion rice** with the **roasted zucchini** on the side. Sprinkle with the **sesame seeds**. Serve with a **lime wedge** and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

