



AUG  
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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! Flavoured with ginger, garlic, and Thai basil, this stir-fry packs some yummy flavour.



Prep  
35 min



level 2



make me  
first



dairy  
free



Shrimp



Shanghai  
Bok Choy



Button  
Mushrooms



Wide Rice  
Noodles



Peanuts



Shallot



Thai Basil



Garlic



Soy Sauce



Ginger



Oyster Sauce

## Ingredients

Shrimp	1)	2 pkg (570 g)
Shanghai Bok Choy		4
White Mushrooms		1 pkg (227 g)
Wide Rice Noodles		¾ pkg (300 g)
Peanuts, chopped	2)	1 pkg (56 g)
Shallot		2
Thai Basil		1 pkg (14 g)
Garlic		4 cloves
Low-Sodium Soy Sauce	3) 4)	1 bottle (2 tbsp)
Oyster Sauce	4)	1 pkg (1 tbsp)
Ginger		1 knob
Sugar*		5 tsp
Olive or Canola Oil*		

## 4 People

\*Not Included

## Allergens

- 1) Seafood/Fruits de mer
- 2) Peanuts/Cacahuètes
- 3) Soy/Soja
- 4) Wheat/Blé

## Tools

Large Pot, Peeler, Grater, Strainer, Extra-Large Pan, Medium Bowl, Measuring Spoons

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 655 cal | Carbs: 91 g | Fat: 22 g | Protein: 29 g | Fiber: 9 g | Sodium: 708 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Prep:** Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Thinly slice the **garlic**. Separate the leaves from the **bok choy**. Peel, then mince or grate the **ginger**. Coarsely tear the **basil leaves**. Peel, then thinly slice the **shallots**.



**2 Cook the noodles:** Remove the boiling water from the heat, then add in **¾ package rice noodles**. (**TIP:** reserve the remaining ¼ pkg noodles for another day.) Let noodles sit in water, stirring occasionally to prevent clumping, until al dente, 5-7 min. Drain and rinse under cold water.

**3 Cook the vegetables:** Meanwhile, heat an extra-large pan over medium-high heat. Add a drizzle of **oil**, then the **garlic**. Cook for 30 seconds, until fragrant. Add the **mushrooms** and **bok choy**. Cook, stirring often, for 2-4 min, until the **mushrooms** are soft and **bok choy** is tender-crisp. Transfer to a medium bowl.



**4 Cook the shrimp:** In the same pan, heat another drizzle of **oil**. Add the **shallot** and cook for 2-3 min, until softened. Add the **ginger** and **shrimp** to the pan and cook for 1-2 min, until the shrimp are just barely opaque.

**5** Stir the **soy sauce**, **oyster sauce** and **sugar** into the pan. Then add **bok choy**, **mushrooms**, and **rice noodles**. Stir until thoroughly combined.

**6 Finish and serve:** Divide the **Pad See Ew** between bowls and sprinkle with the **basil** and **peanuts**, if desired. Enjoy!

**SERVING TIP:** Thai basil is heartier and more intensely flavoured than its Italian cousin! For little mouths, add a pinch of basil first, then work your way up!

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