



AUG
2016

Toasted Rice Bowl

with Shrimp, Sweet Corn, and Red Bell Pepper

Oh rice, how we adore you. You pair well with pretty much every veggie and spice we can think of, add an irresistible heartiness, and—most importantly—are loved by even the pickiest of eaters. We round out this rice dish with colorful summer veggies, flavorful shrimp, and a squeeze of lime.



Prep: 15 min
Total: 35 min



level 1



nut
free



dairy
free



gluten
free



make
me first



Shrimp



Basmati
Rice



Garlic



Scallions



Lime



Red Bell
Pepper



Corn on
the Cob




Soy
Sauce



Chili
Flakes

Ingredients

Shrimp	1)	20 oz
Basmati Rice		1½ Cups
Garlic		4 Cloves
Scallions		4
Lime		1
Red Bell Pepper		2
Corn on the Cob		2 Ears
Soy Sauce	2)	2 T
Chili Flakes 		1 t
Oil*		4 t

4 People

*Not Included

Allergens

1) Shellfish

2) Soy

Tools

Medium pot, Large pan

Nutrition per person Calories: 454 cal | Fat: 6 g | Sat. Fat: 1 g | Protein: 29 g | Carbs: 73 g | Sugar: 7 g | Sodium: 960 mg | Fiber: 4 g



1 Toast the rice: Heat a large drizzle of **oil** in a medium pot over medium-high heat. Add half the **rice** and stir continuously, 2-3 minutes, until golden brown. **Tip:** Be careful not to burn the rice.



2 Cook the rice: Add the remaining **rice** and **2 cups water** to the pot. Bring to a boil, then cover and reduce to a low simmer for about 15 minutes, until tender.



3 Prep the remaining ingredients: Wash and dry all produce. Core, seed, and thinly slice the **bell peppers**. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Cut the **lime** into wedges. Chop the **shrimp** into ½-inch pieces. Shuck the **corn**, then cut the kernels off the cob.



4 Cook the veggies and shrimp: Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the **bell peppers**, **scallion whites**, **garlic**, and a pinch of **chili flakes** (to taste) to the pan. **Hint:** You can leave the chili flakes out if the kids prefer less heat. Cook, tossing, 5-7 minutes, until tender. Add the **shrimp** to the pan. Cook, tossing, 1-2 minutes, until cooked through. Season with **salt** and **pepper**.

5 Add the rice: Fluff the **rice** with a fork and add to the pan along with the **corn**, **scallion greens**, and **soy sauce**. Cook, tossing, for 1 minute. Season with **salt** and **pepper**.

6 Finish: Serve the **toasted shrimp rice bowl** with a wedge of **lime** and enjoy!

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