

SWEET HEAT SHRIMP TEMPURA BOWLS

with Sesame Roasted Broccoli, Avocado & Quick Pickles



= HELLO =

KOREAN CHILI FLAKES

Also known as gochugaru, these little red flakes add a touch of fruity heat to your finished dish.



TOTAL: 45 MIN

CALORIES: 1050



Scallions

Lemon



Persian Cucumber



Mayonnaise

(Contains: Eggs)



Sriracha





Jasmine Rice



Broccoli Florets





Shrimp (Contains: Shellfish)



Tempura Mix (Contains: Eggs, Milk, Wheat)



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START STRONG:

Give your avocado a gentle squeeze in your palm-it should feel firm (not hard) and yield slightly to pressure. Not quite there vet? Take the avo out of the fridge (the cold will slow ripening) and let it sit on your counter a day before you're ready to cook. Bonus: if you have a banana on hand, stick the two in a paper bag together to speed things along.

BUST OUT

- 3 Small bowls
- Large bowl
- Peeler
- Large pan Slotted spoon
- Small pot
- Kosher salt
- Baking sheet Paper towels
- Black pepper
- Sugar (½ tsp | 1 tsp)
- Vegetable oil (1 tsp + more for frying)
- Butter (2 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-pers	on 4-person
• Lemon	1 2
 Avocado 	1 2
 Scallions 	2 4
 Persian Cucumber 	1 2
 White Wine Vinegar 	5 tsp 5 tsp
 Mayonnaise 	2 TBSP 4 TBSP
Apricot Jam	2 TBSP 4 TBSP
• Sriracha 🌙	1 tsp 2 tsp
 Garlic Powder 	1 tsp 2 tsp
 Jasmine Rice 	½ Cup 1 Cup
 Broccoli Florets 	8 oz 16 oz
Sesame Seeds	1 TBSP 1 TBSP
• Shrimp*	10 oz 20 oz

* Shrimp is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

Tempura Mix

Korean Chili Flakes



82 g | 164 g

1 tsp | 2 tsp





PREP & PICKLE CUCUMBER Preheat oven to 425 degrees. Wash and dry all produce. Quarter lemon. Halve, pit, peel, and dice **avocado**; toss in a small bowl with a squeeze of **lemon** juice and a pinch of salt. Trim and thinly slice **scallions**, separating whites from greens. Trim, peel, and halve **cucumber** lengthwise; thinly slice crosswise into halfmoons. In a separate small bowl, combine cucumber, vinegar, 1/2 tsp sugar (1 tsp for 4), and a pinch of salt. Set aside.



MAKE BATTER & COAT SHRIMP

Meanwhile, rinse **shrimp** under cold water; pat very dry with paper towels. Season with salt. In a large bowl, combine tempura mix, remaining garlic powder, 1/3 cup cold water (2/3 cup for 4 servings), and salt (we used ½ tsp; 1 tsp for 4). (TIP: If mixture is too thick, add more water 1 TBSP at a time until it reaches a pancake batter-like consistency.) Stir shrimp into batter until fully coated. Heat a 1/4-inch-layer of oil in a large, heavybottomed pan over medium-high heat.



MAKE SAUCE & COOK RICE In a third small bowl, combine mayonnaise, jam, sriracha, half the garlic powder, 1 tsp water (2 tsp for 4), and a pinch of salt. Melt 1 TBSP butter in a small pot over medium-high heat. Add scallion whites; cook, stirring, until softened, 1 minute. Add **rice**, **34 cup water** (1½ cups for 4), and a pinch of **salt**. Bring to a boil; cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



COOK SHRIMP Once **oil** is hot enough that a drop of batter sizzles when added to the pan. working in batches, add coated **shrimp** in a single layer. Cook until golden brown and cooked through, 2-3 minutes on the first side and 1-2 minutes on the second side. Using a slotted spoon, transfer to a paper-towel-lined plate. Immediately season with salt and pepper.

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T ROAST BROCCOLI While rice cooks, cut **broccoli** florets into 1-inch pieces. Toss on a baking sheet with a drizzle of oil, half the sesame seeds, salt, and pepper. Roast on top rack until broccoli is golden brown and crispy, 15-20 minutes. Remove from oven and toss with a squeeze of **lemon juice** and half the scallion greens.



6 FINISH & SERVE Fluff rice with a fork; stir in 1 TBSP butter and season with salt and pepper. Divide between bowls. Top with **shrimp**, avocado, and cucumber. Drizzle shrimp with sauce; top with remaining scallion greens and sesame seeds, plus a pinch of **chili flakes**. Serve with **broccoli** and any remaining **lemon wedges** on the side.

THOUGHT BUBBLE =

Next time, try swapping out plain water for seltzer in your tempura batter for light and airy results.

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