



# MARLEY SPOON



## 20-Min: Shrimp Stir-Fry

with Cellophane Noodles, Bok Choy & Peppers

 ca. 20min  2 Servings

We love to make magic in the kitchen—and serving up a flavor-packed, low-calorie meal in 20 minutes is a magic trick we've mastered! Here shrimp are the star of the plate—they're quick-cooking, and when coated in sweet teriyaki sauce, they shine! Cellophane noodles have a delightfully sticky texture, making them the perfect addition for this speedy stir-fry along with crisp bell peppers and bok choy.



## What we send

- 1 oz scallions
- 1 bell pepper
- ½ lb baby bok choy
- garlic
- 2 (2 oz) cellophane noodles
- 10 oz pkg shrimp <sup>1</sup>
- 1.8 oz teriyaki sauce <sup>2,3</sup>
- 2 (½ oz) tamari <sup>2</sup>
- ½ oz toasted sesame oil <sup>4</sup>
- ¼ oz pkt toasted sesame seeds <sup>4</sup>

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- large saucepan
- fine-mesh sieve
- large nonstick skillet

## Allergens

Shellfish (1), Soy (2), Wheat (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 660kcal, Fat 19g, Carbs 70g, Protein 30g



### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Trim **scallions**, then thinly slice on an angle. Halve **bell pepper**, discard stem and seeds, then cut into ½-inch pieces. Halve **bok choy**, rinse well to remove any grit, then cut into ½-inch pieces. Finely chop **2 teaspoons garlic**.



### 2. Cook noodles

Add **all of the noodles** to **boiling water**. Cook, stirring to prevent sticking, about 3 minutes. Drain noodles in a fine-mesh sieve, then rinse under **cold water**. Use kitchen shears to cut noodles in half; let noodles continue to drain in sieve until step 5.



### 3. Stir-fry vegetables

Heat **1 tablespoon neutral oil** in a large nonstick skillet over medium-high. Add **peppers** and cook, stirring, until just beginning to soften, about 2 minutes. Add **bok choy, garlic** and **half of the sliced scallions**; season with **salt** and **pepper**. Cook, stirring occasionally, until vegetables are tender and golden, 3-4 minutes. Transfer to a plate.



### 4. Cook shrimp

Rinse **shrimp**, then pat dry. Heat **½ tablespoon neutral oil** in same skillet over medium-high until shimmering. Add shrimp and season with **a pinch each of salt and pepper**. Cook, stirring once or twice, until shrimp are cooked through, about 3 minutes.



### 5. Stir-fry noodles

Add **teriyaki sauce, all of the tamari, ¼ cup water**, and **2 teaspoons sesame oil** to skillet with **shrimp**. Bring to a simmer, then remove from heat. Add **vegetables** and **noodles** and toss to coat noodles with **sauce**. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Serve **shrimp, vegetables** and **noodles** topped with **remaining sliced scallions** and **sesame seeds**. Enjoy!