



Brown Rice Sesame Shrimp

with Charred Broccoli



ca. 20min



2 Servings

| We made this recipe carb conscious by customizing with brown rice.

What we send

- 5 oz quick-cooking brown rice
- 2 scallions
- ½ lb broccoli
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 10 oz pkg shrimp ²
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- garlic
- neutral oil

Tools

- small saucepan
- fine-mesh sieve
- medium skillet

Cooking tip

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Allergens

Shellfish (2), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 21g, Carbs 88g, Protein 33g



1. Cook rice

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



4. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli**; cook, stirring, until lightly charred and softened, 3-4 minutes.

Stir in **half of the chopped garlic** until fragrant, 30 seconds. Add **¼ cup water**; cook until skillet is dry and broccoli is tender, 3-5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover to keep warm. Wipe out skillet.



2. Prep ingredients

Trim **scallions**, then thinly slice, keeping dark greens separate.

Cut **broccoli** into 1-inch florets, if necessary.

Finely chop **1 teaspoon garlic**.



5. Cook shrimp

Pat **shrimp** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high.

Add shrimp, **scallion whites** and **light greens**, and **remaining chopped garlic**; cook, stirring, about 1 minute.

Add **sauce** and cook until shrimp are cooked through and sauce is just thickened to coat the back of a spoon, 1-2 minutes more.



3. Make sauce

In a small bowl, stir to combine **Thai sweet chili sauce**, **tamari** and **1 teaspoon of the sesame oil** (save rest for own use).



6. Finish & serve

Fluff **rice** with a fork, then spoon into bowls. Top rice with **sesame shrimp** and **broccoli**. Sprinkle **sesame seeds** and **scallion dark greens** over top. Enjoy!