

# DINNERLY



## Shrimp & Broccoli Noodle Stir-Fry with Toasted Sesame Seeds



ca. 20min



2 Servings

Shrimp and broccoli? Check. Udon noodles? Check. Your appetite? Check. We've got you covered!

## WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg shrimp <sup>1</sup>
- 7 oz udon noodles <sup>2</sup>
- 3 oz stir-fry sauce <sup>3,2</sup>
- ¼ oz pkt toasted sesame seeds <sup>4</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- apple cider vinegar (or red wine vinegar)

## TOOLS

- large saucepan
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 720kcal, Fat 25g, Carbs 92g, Protein 36g



### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil over high.

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

Finely chop 2 **teaspoons garlic**.



### 2. SHRIMP VARIATION

Rinse **shrimp** and pat very dry. Season with **salt** and **pepper**. Heat 2 **teaspoons oil** in a medium skillet over high. Add shrimp and cook until just curled and pink, 2–3 minutes. Transfer to a plate.



### 3. Cook broccoli

Heat 2 **tablespoons oil** in same skillet. Add **broccoli** and cook, stirring occasionally, until just tender and browned in spots, about 5 minutes. Add **chopped garlic**; cook, stirring occasionally, until fragrant, about 30 seconds. Remove from heat.



### 4. Cook noodles

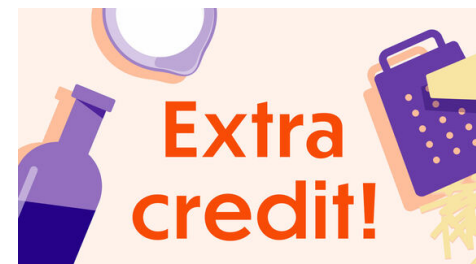
While **broccoli** cooks, add **noodles** to saucepan with boiling **salted water**; cook until just al dente, 4–5 minutes. Drain and return to saucepan.



### 5. Assemble & serve

Heat saucepan with **noodles** over medium-high. Add **broccoli**, **shrimp**, and **stir-fry sauce**. Cook, stirring occasionally, until broccoli and shrimp are coated and sauce is reduced, 1–2 minutes. Remove from heat; stir in 2 **teaspoons vinegar** and season to taste.

Serve **shrimp and broccoli noodles** with **sesame seeds** over top. Enjoy!



### 6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.