



## Soy Molasses Shrimp and Bok Choy

Prep Time: 15 min

Cook Time : 30 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

533 calories

15 g fat

587 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 cups Jasmine Rice
- 4 green onions, sliced for garnish
- 1 tsp sesame seeds

#### Shrimp:

- 1 lb. Shrimp
- 1 TB olive oil\*
- 2 garlic cloves, minced
- 1/4 tsp black pepper\*\*
- 3 TB Soy Molasses Sauce

#### Bok Choy:

- 2.25 lbs. baby bok choy, cleaned and halved
- 2 TB Olive Oil\*\*
- 3 garlic cloves, minced
- 2 TB Soy Molasses Sauce

### SOY MOLASSES SAUCE

- 1/3 cup low sodium soy sauce
- 1/4 cup molasses
- 1 TB sesame oil
- 2 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp fish sauce
- 1 tsp rice vinegar
- 1 tsp honey

### DIRECTIONS:

1. **Prep Produce:** Peel and mince **garlic cloves**. Wash and trim top inch and bottom root end of **green onions**, slice remaining portion thinly. Rinse **bok choy** under running water to remove any sandy debris in between the sections of leaves/stem. Slice in half lengthwise. If needed, remove root with a pairing knife, or discard after cooking.
2. **SOY MOLASSES SAUCE:** In a small saucepan, combine ingredients listed under **Soy Molasses Sauce**. Heat over medium-high heat, bring to a boil, whisking or stirring constantly for 3 minutes. Remove from heat and set aside. Any left over sauce can be refrigerated.
3. **Jasmine Rice:** Rinse the **jasmine rice** in cold water to remove excess starch. Combine rice with **2 1/4 cups water** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pot from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. **Roasted Shrimp:** Preheat oven to 425. Toss **thawed shrimp** with **1 TB olive oil, 2 garlic cloves minced, 1/4 tsp black pepper, and 3 TB soy molasses sauce**. Spread in an even layer on a sheet pan. Roast 15 minutes, or until pink and firm.
5. **Bok Choy:** Heat **2 TB olive oil** in a large skillet over medium high heat. Add the **cleaned bok choy** cut side down and cook until the bok choy gets a nice sear and is slightly browned, about 3-5 minutes. Flip bok choy over and **add 3 garlic cloves minced, 2 TB soy molasses sauce and 2 TB water** to the pan. Cook until the liquid evaporates and sauce has thickened, 3 minutes.
6. Serve roasted shrimp and seared bok choy over rice and garnish with **sesame seeds** and **sliced green onions**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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