



HOME CHEF

Healthy Takeout Kung Pao Shrimp

With Three Peppers, Honey Roasted Peanuts, and Brown Rice



How could something so tasty be so lightning fast to make? This dish combines the fresh flavors of ginger and chilies and Kung Pao sauce with plump shrimp, healthy brown rice, and a melange of veggies topped with honey-roasted peanuts. It's got crunch, it's got spice, and it's got flavor.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 598
Carbohydrates: 95g
Fat: 14g
Protein: 38g
Sodium: 1143mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE

DRINK PAIRING

German and Austrian wines do really well with Chinese food. Gewurztraminer and Rieslings (on the dry side) are perfect pairings for spicy, ginger-y Asian dishes.

INGREDIENTS

6 ½ oz. Parboiled Brown Rice
1 Red Bell Pepper
1 Green Bell Pepper
1 Green Onions
5 oz. Yellow Squash
½ oz. Honey Roasted Peanuts
16 Shrimp
6 Dried Chilies
.15 oz. Ginger, Chopped
2 oz. Starport Kung Pao Sauce



WHAT YOU NEED

Olive Oil
Salt
Pepper



EQUIPMENT

Small Pot
Medium Pan



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Make the Rice

Bring a small pot with **parboiled brown rice**, 2 cups **water**, and a pinch of **salt** to a boil. Cover, reduce to a simmer, and cook until tender, about 20 minutes. *What’s the difference between brown and white rice? Brown rice has only the outer husk removed, leaving the nutritious layer of bran intact (this layer is removed in white rice). It’s this layer of bran that gives brown rice a nutty flavor and high fiber.*

Prepare the Ingredients

Thoroughly rinse produce and pat dry. Core and cut **red and green peppers** into 1” dice. Trim and cut **green onion** into thin slices diagonally. Cut **yellow squash** into ¾” dice. Lightly crush **peanuts** with the back of a heavy pan. Rinse **shrimp**, pat dry, and season with a pinch of **salt and pepper**.

Sear the Shrimp

Heat a medium pan over high heat. Add 2 tsp. **olive oil** and **shrimp** and cook for 1 minute on each side, or until caramelized. Transfer shrimp to a plate (they’ll finish cooking later) and return pan to heat (no need to wipe clean). *Caramelizing the shrimp not only makes it look prettier, it also creates a very flavorful crust by browning the natural sugars in the shrimp.*

Cook the Peppers

Add desired amount of **dried chiles** (see note below), **red pepper**, **green pepper**, and **yellow squash** to pan and cook for 2 minutes. Add **ginger** and half the **green onions** to pan and cook for 30 seconds, or until fragrant. *Note: Whole dried chiles can be very spicy, especially if they break and the seeds come out. If you’re sensitive, you may omit them entirely, or use 1 chile for mild heat, 2 for medium heat, 3 for high heat, and 4 or more for “Hurts so Good!”*

Finish the Kung Pao

Add **Kung Pao sauce** to pan, tossing to coat vegetables thoroughly. Return **shrimp** to pan and cook until shrimp are cooked throughout and have reached a minimum internal temperature of 130 degrees. Season to taste with **salt and pepper**.

Plate the Dish

Place a serving of **brown rice** on a plate and arrange the **Kung Pao shrimp** and vegetables on top. Garnish with **honey-roasted peanuts** and remaining **green onion**. *Kung Pao is a classic spicy Szechuan dish named after a Sichuan province Governor whose title was Gungbao (Kung Pao), which loosely translates into “Palace Guardian.”*

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