



In your box

5 oz. Spaghetti
8 oz. Carrot
6 oz. Broccoli Florets
2 Garlic Cloves
8 oz. Shrimp
2 ½ fl. oz. Starport Garlic Sesame Sauce
2 tsp. Sambal
1 oz. Honey Roasted Peanuts
¼ tsp. Red Pepper Flakes

CONTAINS wheat, peanuts, soy, shellfish (shrimp)



Shrimp Lo Mein with broccoli and carrots

NUTRITION per serving—Calories: 624, Carbohydrates: 78g, Fat: 21g, Protein: 29g, Sodium: 1246mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
20-30 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Medium

You will need

Olive Oil, Salt

Large Pot, Colander, Large Non-Stick Pan

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a large pot
- Thoroughly rinse produce and pat dry



1

Cook the Pasta

- Once water is boiling, add **pasta** and stir constantly, 30 seconds. Then cook until al dente, 8-10 minutes.
- Reserve $\frac{1}{4}$ cup **pasta water**. Drain pasta in a colander and set aside.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Peel, trim, and cut **carrot** into $\frac{1}{4}$ " slices on an angle.
- Cut **broccoli** into bite-sized pieces, if necessary.
- Mince **garlic**.
- Pat **shrimp** dry.



3

Cook the Shrimp

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **shrimp** to hot pan. Cook until shrimp reaches a minimum internal temperature of 145 degrees, 30-60 seconds per side.
- Transfer to a plate.
- Reserve pan; no need to wipe clean.



4

Cook the Vegetables

- Return pan used to cook shrimp to medium-high heat and add 2 tsp. **olive oil**.
- Add **carrot**, **broccoli**, and a pinch of **salt** to hot pan. Stir occasionally until crisp-tender, 5-7 minutes.
- Add **garlic** and cook until aromatic, 30-60 seconds.
- Stir in **sesame garlic sauce**, **sambal** (to taste), and reserved **pasta water**.



5

Toss the Pasta

- Add **shrimp and any accumulated juices**, **pasta**, **peanuts**, and **red pepper flakes** (to taste) to pan. Toss to combine.
- Remove from burner.
- Plate dish as pictured on front of card. Bon appétit!