



Cal Smart Mexi-Cali Shrimp Bowls

with Warm Bulgur Salad and Baja Sauce

Smart Meal

20 Minutes

Swap



Tilapia

300 g | 500 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Bulgur Wheat
½ cup | 1 cup



Vegetable Stock Powder
1 tbsp | 2 tbsp



Baby Spinach
56 g | 113 g



Green Onion
1 | 2



Baby Tomatoes
113 g | 227 g



Lemon
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Sour Cream
1 | 2



Chipotle Sauce
2 tbsp | 4 tbsp



Southwest Spice Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook bulgur

- Before starting, wash and dry all produce.

- Combine **stock powder** and $\frac{2}{3}$ cup (1 cup) **water** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur**, then return to a boil. Cover and remove pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.

2



Prep

- Meanwhile, roughly chop **spinach**.
- Thinly slice **green onion**.
- Halve **tomatoes**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **tomatoes** to a medium bowl, then squeeze a **lemon wedge** over top. Toss to coat.

3



Make Baja sauce

- Add **mayo**, **sour cream**, **half the chipotle sauce**, **half the lemon juice** and $\frac{1}{2}$ tsp (1 tsp) **Southwest Spice Blend** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

4



Cook shrimp

Swap | Tilapia

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, use a strainer to drain and rinse **shrimp**, then pat dry with paper towels.
- Transfer **shrimp** to another medium bowl. Season with **salt**, **pepper** and **remaining Southwest Spice Blend**, then toss to coat.
- When the pan is hot, add $\frac{1}{2}$ tbsp (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove pan from heat. Add **remaining chipotle sauce**, then stir to coat **shrimp**.

5



Make bulgur salad

- Add **lemon zest** to the pot with **bulgur**. Fluff with a fork to combine.
- Add **spinach**, **remaining lemon juice** and **half the green onions**. Drizzle $\frac{1}{2}$ tbsp (1 tbsp) **oil** over top.
- Season with **pepper**, then toss to combine.

6



Finish and serve

- Divide **bulgur salad** between bowls. Top with **shrimp** and **tomatoes**.
- Dollop **Baja sauce** over top.
- Sprinkle with **any remaining green onions**.
- Squeeze a **lemon wedge** over top, if desired.

4 | Cook tilapia

Swap | Tilapia

If you've opted for **tilapia**, heat a large non-stick pan over medium-high heat. While the pan heats, pat **tilapia** dry with paper towels. Season with **salt**, **pepper** and **remaining Southwest Spice Blend**. When the pan is hot, add $\frac{1}{2}$ tbsp (1 tbsp) **oil**, then **tilapia**. Cook, flipping halfway until golden-brown and cooked through, 5-7 min.** Remove pan from heat. Spread **remaining chipotle sauce** over **tilapia**. Continue with recipe as written.

** Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.