



Cal Smart Jerk Shrimp Tacos

with Pineapple Salsa

Smart Meal

Spicy

25 Minutes

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)



Swap



Salmon Fillets,
skin-on
250 g | 500 g

Swap



Tilapia
300 g | 600 g



Shrimp
285 g | 570 g



Caribbean Spice
Blend
1 tbsp | 2 tbsp



Garlic, cloves
1 | 2



Diced Pineapple
Cup
1 | 2



Corn Kernels
113 g | 227 g



Lime
1 | 2



Red Onion
1 | 1



Cilantro
7 g | 14 g



Jalapeño
1 | 2



Flour Tortillas
6 | 12



Sweet Bell
Pepper
1 | 2

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, strainer, zester

1



Prep

- Wash and dry all produce.
- Core, then finely chop **jalapeño**, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños.)
- Peel, then cut **half the onion** into ¼-inch pieces (use whole onion for 4 servings).
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **cilantro**.
- Zest, then juice **half the lime**. Cut the **remaining lime** into wedges.

2



Coat shrimp

Swap | **Salmon Fillets, skin-on**

Swap | **Tilapia**

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- In a large bowl, add **shrimp, lime zest, Carribean Spice Blend, garlic** and **1 tsp (2 tsp) sugar**. Season with **salt** and **pepper**, then toss to coat.

3



Cook veggies and shrimp

- Heat a large non-stick pan over medium-high.
- When hot, add **½ tbsp (1 tbsp) oil**, then the **peppers, half the onions** and **corn**. Cook for 3-4 min, stirring often, until **veggies** are tender.
- Add **shrimp**. Cook for 2-3 min per side, stirring occasionally, until **shrimp** just turn pink.**

4



Mix salsa

- Drain juice from the **pineapple**.
- In a medium bowl, add **pineapple, jalapeño, cilantro, remaining onions, half the lime juice** and **½ tbsp oil**.
- Season with **salt** and **pepper**, then stir to combine. Set aside.

5



Warm tortillas

- Wrap **tortillas** in paper towels.
- Microwave for 30 sec-1 min, until warm and flexible. (TIP: You can skip this step if you don't want to warm tortillas.)

6



Finish and serve

- Divide **tortillas** between plates.
- Top with **shrimp** and **veggies**, then **pineapple salsa**.
- Squeeze a **lime wedge** over top if desired.

Measurements **1 tbsp** (2 tbsp) **oil**
within steps 2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Coat salmon

Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, pat **salmon** dry with paper towels. Season with **lime zest, Carribean Spice Blend, garlic** and **1 tsp (2 tsp) sugar**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp (1 tbsp) oil**, then **salmon**. Pan-fry for 3-5 min per side, until browned and cooked through.** Transfer to a plate and break **salmon** up into large pieces, removing and discarding skin. Use the same pan to cook **veggies** in step 3, increasing cook time to 4-6 min.

2 | Coat tilapia

Swap | **Tilapia**

If you've opted to get **tilapia**, pat dry with paper towels, pressing well to absorb as much moisture as possible. Cut **tilapia** into bite-sized pieces. To cook **tilapia**, increase cook time to 4-6 min.**

** Cook shrimp to a minimum internal temperature of 165°F, as size may vary, and cook fish to a minimum internal temperature of 158°F, as size may vary.