

HELLO Cal Smart Mexi-Cali Shrimp Bowls With Warm Bulgur Salad and Baia Sauce

with Warm Bulgur Salad and Baja Sauce

Smart Meal

20 Minutes



300 g | 600 g









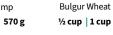
If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫







285 g | 570 g





Vegetable Stock Powder



Baby Spinach

56 g | 113 g

1 tbsp | 2 tbsp



Green Onion 1 | 2



Baby Tomatoes 113 g | 227 g



Lemon



Mayonnaise 2 tbsp | 4 tbsp



Sour Cream 1 | 2



Chipotle Sauce 2 tbsp | 4 tbsp



Southwest Spice Blend 1 tbsp | 2 tbsp

Allengens 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.



Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, 2 medium bowls, medium pot, paper towels, small bowl, strainer, zester



Cook bulgur

- Before starting, wash and dry all produce.
- Combine **stock powder** and $\frac{4}{3}$ **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.



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.



Make Baja sauce

- Add mayo, sour cream, half the chipotle sauce, half the lemon juice and ½ tsp (1 tsp) **Southwest Spice Blend** to a small bowl.
- Season with salt and pepper, then stir to combine.



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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 ½ 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.



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 1/2 tbsp (1 tbsp) **oil** over top.
- Season with pepper, then toss to combine.



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.

Measurements oil 1 tbsp within steps Ingredient

4 | Cook tilapia

🚫 Swap | Tilapia

If you've opted to get tilapia, pat tilapia dry with paper towels. Season with salt, pepper and remaining Southwest Spice Blend. When the pan is hot, add ½ tbsp (1 tbsp) oil, then tilapia. Cook until tilapia is opaque and cooked through, 2-3 min per side.** Remove pan from heat. Spread remaining chipotle sauce on tilapia. Continue with the rest of the recipe as written.