



Cal Smart Mexi-Cali Shrimp Bowls

with Warm Bulgur Salad and Baja Sauce

Smart Meal

20 Minutes

Customized Protein

+ Add

Swap

or

x2 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



Tilapia

300 g | 600 g

Double



Shrimp

570 g | 1140 g



Shrimp

285 g | 570 g



Bulgur Wheat

1/2 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.

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

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 for 16-18 min, until **bulgur** is tender and liquid is absorbed.

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

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

4



Cook shrimp

Swap | Tilapia

*2 Double | Shrimp

- Heat a large non-stick pan over medium-high.
- 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 for 2-3 min, stirring occasionally, until **shrimp** just turn pink.**
- 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.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
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.

4 | Cook tilapia

Swap | Tilapia

If you've opted to get tilapia, heat a large non-stick pan over medium-high. While the pan heats, pat **tilapia** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt**, **pepper** and **remaining Southwest Spice Blend**. Toss to coat. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tilapia**. Pan-fry for 3-4 min per side, until **tilapia** is cooked through.** Remove pan from heat. Spread **remaining chipotle sauce** onto **tilapia**.

4 | Cook shrimp

*2 Double | Shrimp

If you've opted for **double shrimp**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of shrimp**. Don't crowd the pan; work in batches if needed.

** Cook to a minimum internal temperature of 165°F, as size may vary.