

2 Double

20 Minutes Smart Meal

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🔿 Swap

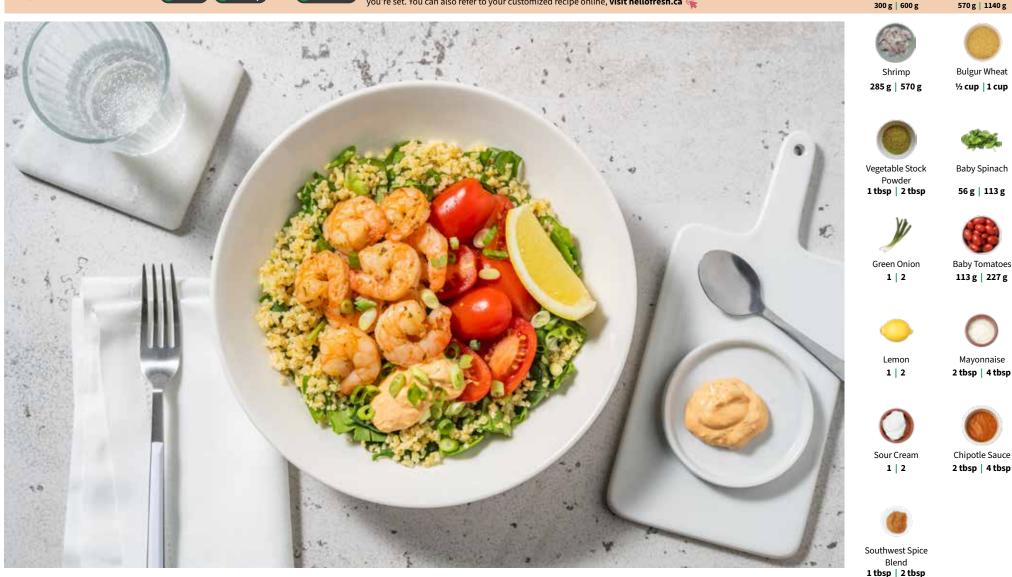
Tilapia

Shrimp

56 g | 113 g

2-serving 4-serving

Ingredient quantities



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.

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### Pantry items | Pepper, oil, salt

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 3/3 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.



# Cook shrimp Swap | Tilapia 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 ½ 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.

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



## 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

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



#### 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) **oi**l, 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

#### 😡 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.



# 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 ½ tbsp (1 tbsp) oil over top.
- Season with pepper, then toss to combine.