

Cal Smart Mexi-Cali Shrimp Bowls

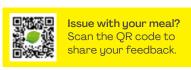
with Warm Bulgur Salad and Baja Sauce



Spicy

25 Minutes

Quick





A mayo-based sauce inspired by the flavours of Baja California!

Start here

Before starting, wash and dry all produce.

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	Ingredient

Bust out

2 Medium bowls, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Southwest Spice Blend	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Baby Spinach	56 g	113 g
Baby Tomatoes	113 g	227 g
Green Onion	1	2
Mayonnaise	2 tbsp	4 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Chipotle Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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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Cook bulgur

- Combine stock powder and
 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 the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.



Prep

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



Make Baja sauce

• Add mayo, sour cream, half the chipotle sauce, half the lime juice and ½ tsp (1 tsp) Southwest Spice Blend to a small bowl.

• Season with **salt** and **pepper**, to taste, then stir to combine.



Make bulgur salad

• Add **lime zest** to the pot with **bulgur**. Fluff **bulgur** with a fork to combine.

• Add **spinach**, **remaining lime juice** and **half the green onions**. Drizzle ½ **tbsp** (1 tbsp) **oil** over top. Season with **pepper**, to taste, 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 **lime wedge** over top, if desired.

Dinner Solved!



Cook shrimp

Δ

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, using a strainer, 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 the pan from heat. Add **remaining chipotle sauce**, then stir to coat **shrimp**.