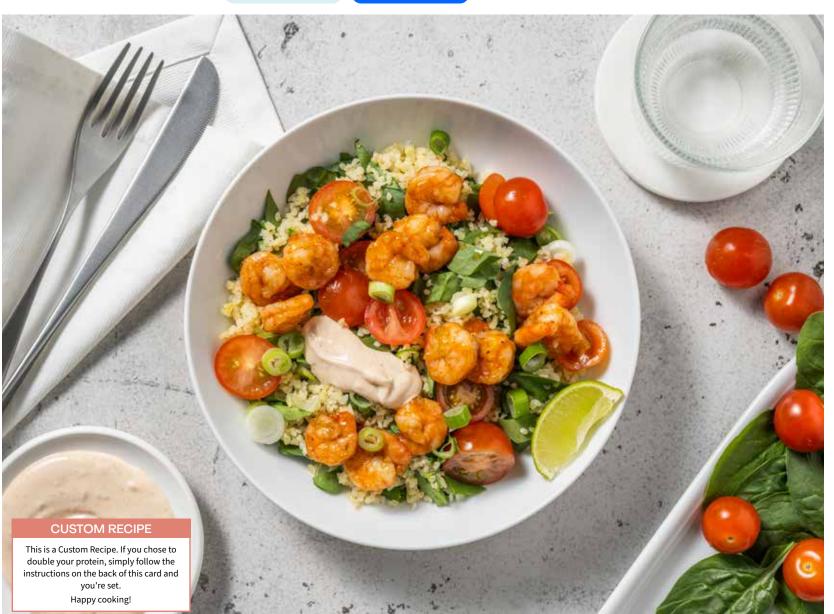


Cal Smart Mexi-Cali Shrimp Bowls

with Warm Bulgur Salad and Baja Sauce

Calorie Smart

20-min





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Southwest Spice



Bulgur Wheat





Baby Tomatoes

Baby Spinach



Green Onion









Vegetable Stock Powder



Chipotle Sauce

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps



Bust out

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

Inaredients

	2 Person	4 Person
Shrimp	285 g	570 g
Double Shrimp	570 g	1140 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.





Cook bulgur

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



- · Heat a large non-stick pan over mediumhigh 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 1/2 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.

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **shrimp**. Work in batches, if necessary.



Prep

- Meanwhile, roughly chop spinach.
- Thinly slice green onion.
- 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, then stir to combine.



Make bulgur salad

- · Add lime zest to the pot with bulgur. Fluff 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**, 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!