



# Cal Smart Mexi-Cali Shrimp Bowls

with Warm Bulgur Salad and Baja Sauce

Smart Meal

20 Minutes

Swap



Tilapia Fillets  
300 g | 600 g

Customized Protein

+ Add

Swap

or

\*2 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)



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



Lemon  
1 | 2



Sour Cream  
3 tbsp | 6 tbsp



Vegetable Stock Powder  
1 tbsp | 2 tbsp



Chipotle Sauce  
2 tbsp | 4 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.

Pantry items | Oil, pepper, salt

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

1



## Cook bulgur

• Before starting, wash and dry all produce.

- Combine **stock powder** and  $\frac{3}{4}$  **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.

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

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

4



## 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  $\frac{1}{2}$  **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**.

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

🔄 Swap | Tilapia

- 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 person 4 person Ingredient

## 4 | Cook tilapia

🔄 Swap | Tilapia

If you've opted to get **tilapia**, before starting, preheat the oven to 450°F. Line a baking sheet with parchment paper, then pat **tilapia** dry with paper towels. Season in the same way the recipe instructs you to season the **shrimp**, then spread **remaining chipotle sauce** over top. Roast in the **top** of the oven until cooked through, 9-12 min.\*\*

## 6 | Finish and serve

🔄 Swap | Tilapia

Top final plates with **tilapia**.

\*\* Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.



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