

Cal Smart Shrimp and Bulgur Bowls

with Tangy Herb Aioli and Roasted Veggies

Calorie Smart

30 Minutes











Bulgur Wheat





Zucchini

Sweet Bell Pepper





Baby Spinach







Cilantro

Red Wine Vinegar





Mayonnaise





Smoked Paprika-Garlic Blend



Almonds, sliced

Start here

- Before starting, preheat the oven to 450°F.
- Add ²/₃ cup (1 cup) water and 1/2 tsp (1 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

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

Bust out

Baking sheet, medium pot, measuring spoons, large bowl, small bowl, measuring cups, large non-stick pan

Ingredients

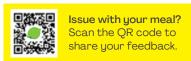
	2 Person	4 Person
Shrimp	285 g	570 g
Bulgur Wheat	½ cup	1 cup
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	56 g	113 g
Parsley	7 g	14 g
Cilantro	7 g	14 g
Red Wine Vinegar	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Almonds, sliced	14 g	28 g
Sugar*	1/4 tsp	½ tsp
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

- Once water is boiling, add bulgur. Stir to combine, then cover and remove from heat.
- Let stand until bulgur is tender and liquid is absorbed, 15-16 min.
- Fluff with a fork and place pot with **bulgur** in fridge to cool down.



Prep and roast veggies

- · Meanwhile, core, then cut pepper into 1/4-inch slices.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Add peppers, zucchini, half the Smoked Paprika-Garlic Blend and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with **salt** and pepper, then toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until tender crisp and golden-brown, 14-16 min.



Finish prep and toast almonds

- Roughly chop **spinach**.
- Finely chop cilantro.
- Finely chop parsley.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add half the almonds (use all for 4 ppl) to the dry pan. Toast, stirring often, until golden, 2-3 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer to a plate.



Make sauces

- Add 2 tsp (4 tsp) vinegar,
- 1/4 tsp (1/2 tsp) sugar and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then stir to combine. This is your **dressing**.
- · Add mayo, half the cilantro, half the parsley, half the garlic puree, remaining vinegar, 1/4 tsp (1/2 tsp) sugar to a small bowl. Season with salt and pepper, then stir to combine. This is your **aioli**.



Cook shrimp

- Heat the same pan (from step 2) over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil then **shrimp**. Cook, stirring occasionally, until shrimp just turn pink, 2-3 min.**
- Add remaining garlic puree and remaining Smoked Paprika-Garlic Blend. Cook, stirring often, until fragrant, 30 sec. Season with salt and pepper.



Finish and serve

- Add bulgur, spinach, remaining cilantro and remaining parsley to the bowl with dressing. Stir to coat.
- Divide **bulgur** and **roasted veggies** between bowls.
- Top with shrimp.
- Dollop aioli over top.
- Sprinkle toasted almonds over top.

Dinner Solved!