



Cal Smart Shrimp and Bulgur Bowls

with Tangy Herb Aioli and Roasted Veggies

Calorie Smart

30 Minutes



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Shrimp



Bulgur Wheat



Zucchini



Sweet Bell Pepper



Baby Spinach



Parsley



Cilantro



Red Wine Vinegar



Mayonnaise



Garlic Puree



Smoked Paprika-
Garlic Blend



Almonds, sliced

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Add $\frac{2}{3}$ cup (1 cup) water and $\frac{1}{2}$ 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 person) **(2 tbsp)** (4 person) **oil** (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	$\frac{1}{2}$ 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*	$\frac{1}{4}$ tsp	$\frac{1}{2}$ 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.



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1



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.

4



Make sauces

- Add **2 tsp** (4 tsp) **vinegar**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ 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**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar** to a small bowl. Season with **salt** and **pepper**, then stir to combine. This is your **aioli**.

2



Prep and roast veggies

- Meanwhile, core, then cut **pepper** into $\frac{1}{4}$ -inch slices.
- Halve **zucchini** lengthwise, then cut into $\frac{1}{2}$ -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.

5



Cook shrimp

- Heat the same pan (from step 2) over medium-high.
- When hot, add $\frac{1}{2}$ **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**.

3



Finish prep and toast almonds

- Roughly chop **spinach**.
- Finely chop **cilantro**.
- Finely chop **parsley**.
- Heat a large non-stick pan over medium-high 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.

6



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!