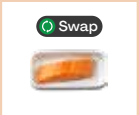




Cal Smart Shrimp and Bulgur Bowls

with Tangy Herb Sauce and Roasted Veggies

Smart Meal 25 Minutes



Salmon Fillets
250 g | 500 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
- Bulgur Wheat
½ cup | 1 cup
- Zucchini
1 | 2
- Sweet Bell Pepper
1 | 2
- Baby Spinach
56 g | 113 g
- Parsley
7 g | 14 g
- Yogurt Sauce
3 tbsp | 6 tbsp
- Red Wine Vinegar
1 tbsp | 2 tbsp
- Garlic Puree
1 tbsp | 2 tbsp
- Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp
- Almonds, sliced
14 g | 28 g

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.

1



Cook bulgur

- Before starting, preheat the oven to 450°F.
 - Add ¾ cup (1 cup) water and ½ tsp (1 tsp) salt to a medium pot.
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- 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.

2



Prep and roast veggies

- Meanwhile, core, then cut **pepper** into ¼-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 combine.
- Roast in the **bottom** of the oven, stirring halfway through, until **veggies** are tender-crisp and golden-brown, 14-16 min.

3



Finish prep and toast almonds

- Roughly chop **spinach**.
- 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 **toasted almonds** to a plate.

4



Make sauces

- Add **vinegar, ¼ tsp (½ tsp) sugar** and **1 tbsp (2 tbsp) oil** to a large bowl.
- Season with **salt** and **pepper**, then stir to combine. (**NOTE:** This is your dressing).
- Add **yogurt sauce, half the parsley, half the garlic puree** and **¼ tsp (½ tsp) sugar** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. (**NOTE:** This is your tangy herb sauce).

5



Cook shrimp

Swap | Salmon Fillets

- Reheat the same pan (from step 2) over medium-high.
- While the pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add **½ 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**.

6



Finish and serve

- Add **bulgur, spinach** and **remaining parsley** to the large bowl with **dressing**. Stir to combine.
- Divide **bulgur** and **roasted veggies** between bowls. Top with **shrimp**.
- Dollop **tangy herb sauce** over top.
- Sprinkle **toasted almonds** over top.

5 | Cook salmon

Swap | Salmon Fillets

If you've opted to get **salmon**, pat dry with paper towels. Season with **remaining Smoked Paprika-Garlic Blend, salt** and **pepper**. Spread **remaining garlic puree** over top. When the pan is hot, add ½ **tbsp (1 tbsp) oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side.**

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



Issue with your meal? Scan the QR code to share your feedback.