



Cal Smart Tex-Mex Shrimp Bowls

with Texas Caviar and Lime Crema

Calorie Smart

Quick

25 Minutes



Shrimp



Coleslaw Cabbage Mix



Black Beans



Canned Corn



Red Onion



Enchilada Spice Blend



Lime



Greek Yogurt



Cilantro



Sweet Bell Pepper

HELLO TEXAS CAVIAR

This tasty Southern side is made of black beans, corn, red onion and pepper!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, zester, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Coleslaw Cabbage Mix	170 g	340 g
Black Beans	370 ml	740 ml
Canned Corn	½ can	1 can
Red Onion	56 g	113 g
Enchilada Spice Blend	2 tbsp	4 tbsp
Lime	1	2
Greek Yogurt	100 ml	200 ml
Cilantro	7 g	14 g
Sweet Bell Pepper	160 g	320 g
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.

Contact

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1 Prep

Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces. Core, then cut **pepper** into ¼-inch pieces. Zest **lime**, then juice half. Cut **remaining lime** into wedges. Drain, then rinse **black beans**. Roughly chop **cilantro**. Drain, then rinse **corn**.



4 Make lime crema

While **shrimp** cook, add **lime zest** and **yogurt** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.



2 Prep shrimp

Pat **shrimp** dry with paper towels. Season with **half the Enchilada Spice Blend**, **salt** and **pepper**.



5 Make Texas caviar

Heat the same pan (from step 3) over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**, **black beans**, **half the corn** (use all for 4 ppl), **peppers**, **lime juice** and **remaining Enchilada Spice Blend**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min. Stir in **coleslaw cabbage mix**, then remove the pan from heat.



3 Cook shrimp

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Transfer to a plate and cover to keep warm.



6 Finish and serve

Divide **Texas caviar** and **shrimp** between plates. Top with **lime crema** and **cilantro**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!