

# Smart Ginger-Glazed Shrimp and Bulgur Bowls

with Clementine, Snow Peas and Almonds

Smart Meal

20 Minutes



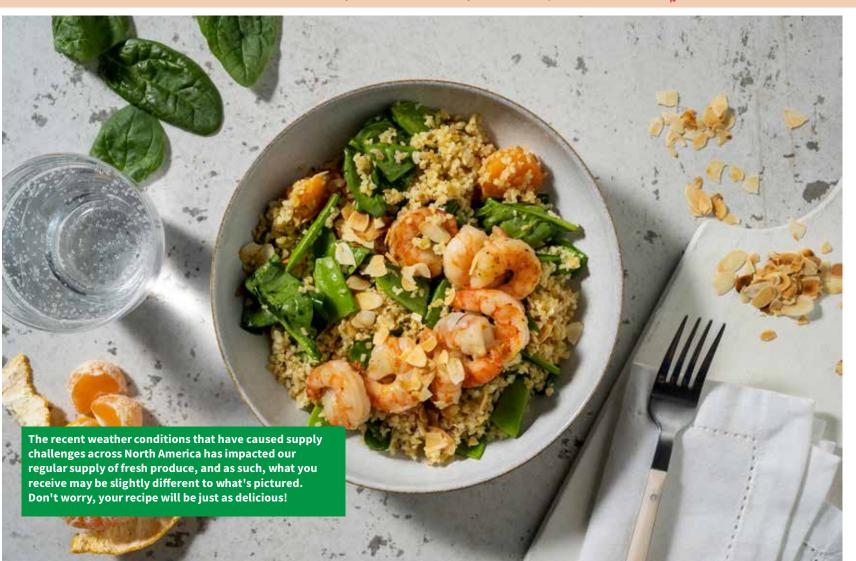
Salmon Fillet 250 g | 500 g

Customized Protein Add



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 🎥





285 g | 570 g









Clementine 1 2

**Baby Spinach** 56 g | 113 g







113 g | 227 g

**Ginger Sauce** 4 tbsp | 8 tbsp





White Wine Vinegar ½ tbsp | 1 tbsp

Almonds, sliced

28 g | 56 g

Cooking utensils | Measuring spoons, strainer, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels



# Cook bulgur

- · Before starting, wash and dry all produce.
- Add half the bulgur (use all for 4 ppl), 1/3 cup (3/3 cup) water and 1/4 tsp (1/2 tsp) salt to a medium pot. Bring to a boil over high heat.
- Once boiling, cover and remove from heat.
- Let stand until bulgur is tender and liquid is absorbed, 15-16 min.
- Fluff bulgur with a fork.
- Stir in 1/2 tbsp (1 tbsp) butter.



#### Prep

#### O Sub | Broccoli

- Meanwhile, peel **clementine**, then separate into segments.
- Trim, then halve snow peas.
- Using a strainer, drain and rinse shrimp, then pat dry with paper towels. Season with **salt** and pepper.



# Toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on them so they don't burn!)
- Transfer to a plate.



#### 4 | Cook salmon

O Sub | Broccoli

Measurements

within steps

2 | Prep

1 tbsp

If you've received **broccoli**, cut into bitesized pieces. Continue to follow the recipe as instructed, subbing broccoli in for snow **peas.** Then, increase pan-fry cook time

to 5-6 min to ensure a tender-crisp bite.

(2 tbsp)

oil

#### 🔘 Swap | Salmon Fillet

If you've opted to get **salmon**, pat dry with paper towels, then season with salt and pepper. Add 1/2 tbsp (1 tbsp) oil to the same pan (used in step 3), then **salmon**. Pan-fry until golden-brown and cooked through, 3-5 min per side.\*\* Remove from heat. Spread half the ginger sauce over tops of salmon. If desired, gently remove skin before serving.



# Cook shrimp

# 🗘 Swap | Salmon Fillet 🕽

- Add 1/2 tbsp (1 tbsp) oil to the same pan, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Remove from heat.
- Add half the ginger sauce, then toss until **shrimp** are coated.



### Assemble salad

- Whisk together remaining ginger sauce, 1/4 tsp (1/2 tsp) sugar and 1/2 tbsp (1 tbsp) **vinegar** in a large bowl.
- Add spinach, snow peas, clementine segments and bulgur.
- Season with salt and pepper, then toss to combine.



# Finish and serve

- Divide salad between bowls.
- Top with ginger-glazed shrimp.
- Sprinkle toasted almonds over top.

