



Smart Ginger-Glazed Shrimp and Bulgur Bowls

with Clementine, Snow Peas and Almonds

Smart Meal

20 Minutes

Swap



Salmon Fillet

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)



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Shrimp
285 g | 570 g



Bulgur Wheat
¼ cup | ½ cup



Clementine
1 | 2



Baby Spinach
56 g | 113 g



Snow Peas
113 g | 227 g



Ginger Sauce
4 tbsp | 8 tbsp



White Wine
Vinegar
½ tbsp | 1 tbsp



Almonds, sliced
28 g | 56 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.

Pantry items | Oil, salt, pepper, unsalted butter

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

1



Cook bulgur

• Before starting, wash and dry all produce.

- Add **half the bulgur** (use all for 4 ppl), **½ cup** (⅔ cup) **water** and **¼ tsp** (½ 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 **½ tbsp** (1 tbsp) **butter**.

2



Prep

🔄 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**.

3



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 shrimp

🔄 Swap | Salmon Fillet

- Add **½ 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.

5



Assemble salad

- Whisk together **remaining ginger sauce**, **¼ tsp** (½ tsp) **sugar** and **½ 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.

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep

🔄 Sub | Broccoli

If you've received **broccoli**, cut into bite-sized 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.

4 | Cook salmon

🔄 Swap | Salmon Fillet

If you've opted to get **salmon**, pat dry with paper towels, then season with **salt** and **pepper**. Add **½ 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 salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F, respectively, as size may vary.



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