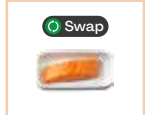




# Smart Ginger-Glazed Shrimp and Bulgur Bowls

## with Clementine, Snow Peas and Almonds

Smart Meal 20 Minutes



Salmon Fillet  
250 g | 500 g

Customized Protein **+** Add **↻** 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  
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

- 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

## 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.