



Cal Smart Mexi-Cali Shrimp Bowls

with Warm Bulgur Salad and Baja Sauce

Calorie Smart

Spicy

Quick

25 Minutes



Shrimp



Southwest Spice Blend



Bulgur Wheat



Baby Spinach



Baby Tomatoes



Cilantro



Mayonnaise



Lime



Sour Cream



Vegetable Stock Powder



Chipotle Sauce



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HELLO BAJA SAUCE

A mayo-based sauce inspired by the flavours of Baja California!

Start here

Before starting, wash and dry all produce.

Bust out

2 Medium bowls, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Southwest Spice Blend	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Baby Spinach	56 g	113 g
Baby Tomatoes	113 g	227 g
Cilantro	7 g	14 g
Mayonnaise	2 tbsp	4 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Chipotle Sauce 🌶️	2 tbsp	4 tbsp
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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Cook bulgur

- Combine **stock powder** and **¾ cup water** (1 cup for 4 ppl) in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur**. Cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-17 min.



Cook shrimp

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Transfer **shrimp** to another medium bowl. Season with **salt**, **pepper** and **remaining Southwest Spice Blend**, then toss to coat.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**
- Remove the pan from heat. Add **remaining chipotle sauce**, then stir to coat **shrimp**.



Prep

- Meanwhile, roughly chop **spinach**.
- Finely chop **cilantro**.
- Halve **tomatoes**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Add **tomatoes** to a medium bowl, then squeeze a **lime wedge** over top. Toss to coat.



Make bulgur salad

- Add **lime zest** to the pot with **bulgur**. Fluff **bulgur** with a fork to combine.
- Add **spinach**, **remaining lime juice** and **some cilantro**. Drizzle **½ tbsp oil** (dbl for 4 ppl) over top. Season with **pepper**, to taste, then toss to combine.



Make Baja sauce

- Add **mayo**, **sour cream**, **half the chipotle sauce**, **half the lime juice**, **half the cilantro** and **½ tsp Southwest Spice Blend** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.



Finish and serve

- Divide **bulgur salad** between bowls. Top with **shrimp** and **tomatoes**.
- Dollop **Baja sauce** over top.
- Sprinkle with **any remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!