

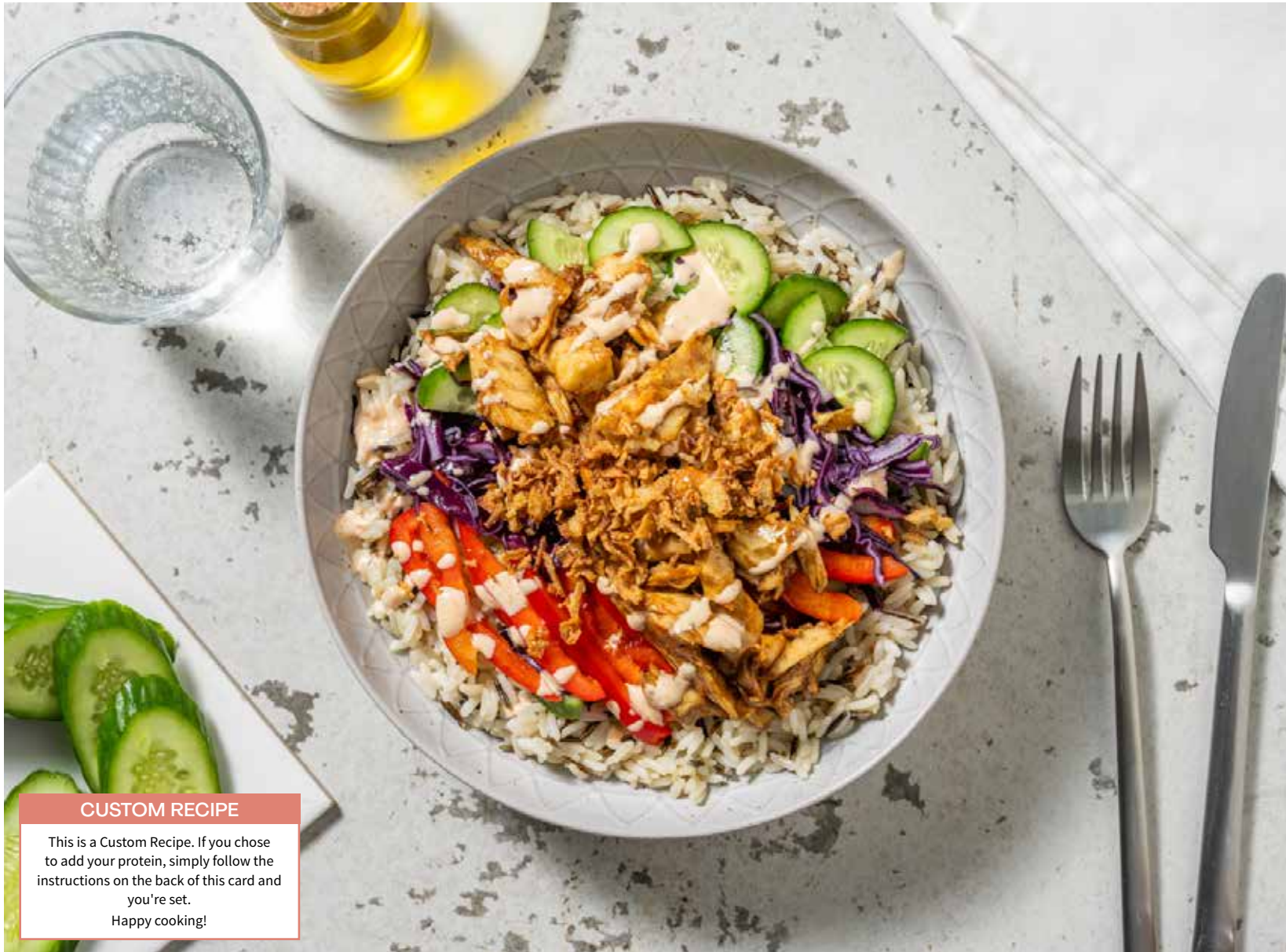


Cal Smart 'Poke' Tilapia Crunch Bowls with Wild Rice and Spicy Mayo Drizzle

Calorie Smart Quick Spicy 25 Minutes



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



- Tilapia Fillets
- Shrimp
- Wild Rice Medley
- Red Cabbage, shredded
- Mini Cucumber
- Mini Sweet Peppers
- Rice Vinegar
- Sesame Oil
- Crispy Shallots
- Miso Broth Concentrate
- Spicy Mayo

CUSTOM RECIPE
This is a Custom Recipe. If you chose to add your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO WILD RICE MEDLEY
Wild rice gives this blend a mild, nutty flavour!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|------------------------|----------|----------|
| Tilapia Fillets | 300 g | 600 g |
| Shrimp | 285 g | 570 g |
| Wild Rice Medley | ½ cup | 1 cup |
| Red Cabbage, shredded | 56 g | 113 g |
| Mini Cucumber | 1 | 2 |
| Mini Sweet Peppers | 1 | 2 |
| Rice Vinegar | 1 tbsp | 2 tbsp |
| Sesame Oil | 1 tbsp | 2 tbsp |
| Crispy Shallots | 28 g | 56 g |
| Miso Broth Concentrate | 1 | 2 |
| Spicy Mayo 🍷 | 2 tbsp | 4 tbsp |
| Sugar* | ½ tsp | 1 tsp |
| Unsalted Butter* | ½ tbsp | 1 tbsp |
| Salt and Pepper* | | |

* Pantry items

** Cook tilapia to a minimum internal temperature of 70°C/158°F, as size may vary. Cook shrimp 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.



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

1



Cook wild rice

- Stir together **wild rice medley, 1 cup** (2 cups) **water** and **¼ tsp** (¼ tsp) **salt** in a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 18-20 min.
- Remove the pot from heat. Set aside, still covered.

4



Make miso sauce and prep spicy mayo

- While **tilapia** cooks, combine **miso broth concentrate, ¼ tsp** (½ tsp) **sugar** and **2 tbsp** (4 tbsp) **water** in a small bowl.
- Combine **spicy mayo** and **1 tsp** (2 tsp) **water** in another small bowl.
- When done, transfer **tilapia** to a plate.
- Remove the pan from heat, then add **miso mixture**. Warm, stirring often, until **mixture** thickens slightly, 30 sec-1 min.

2



Prep and dress cabbage

- Meanwhile, core, then cut **pepper** into ⅛-inch slices.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Add **cabbage, vinegar, half the sesame oil** and **¼ tsp** (½ tsp) **sugar** to a medium bowl. Season with **salt** and **pepper**, to taste, then toss to coat. Set aside.

5



Finish tilapia and rice

- Using 2 forks, flake **tilapia** into bite-size pieces.
- Return **tilapia** to the pan with **miso sauce**, then gently toss to coat.
- Drizzle **remaining sesame oil** over pot with **rice**. Season with **salt** and **pepper**, to taste, then fluff with a fork.

3



Prep and pan-fry tilapia

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **tilapia** dry with paper towels. Season with **salt** and **pepper**.
- When hot, add **½ tsp butter**, then swirl the pan until melted.** (**NOTE:** For 4 ppl, cook tilapia in 2 batches using ½ tsp butter per batch.)
- Add **tilapia**. Cook, flipping halfway through, until golden-brown and cooked through, 2-3 min per side.**

Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Add **shrimp** to the pan with **tilapia**. Cook, flipping halfway through, until golden-brown and cooked through, 2-3 min per side.**

6



Finish and serve

- Divide **rice** between bowls. Top with **cucumbers, cabbage, peppers** and **tilapia**.
- Drizzle **any remaining vinaigrette** from the bowl with **cabbage** over **veggies**, if desired.
- Drizzle **bowl** with **spicy mayo**, then sprinkle **crispy shallots** over top.

Arrange **shrimp** on top of bowl.

Dinner Solved!