



# Smart Ginger-Glazed Shrimp and Bulgur Bowls

with Clementine, Snow Peas and Almonds

Carb Smart

Calorie Smart

Quick

25 Minutes



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Shrimp



Double Shrimp



Bulgur Wheat



Clementine



Baby Spinach



Snow Peas



Ginger Sauce



Almonds, sliced



White Wine Vinegar

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO CLEMENTINE

*These tiny, seedless fruits are sweeter than most other kinds of citrus!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Double Shrimp	570 g	1140 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
Almonds, sliced	28 g	56 g
White Wine Vinegar	½ tbsp	1 tbsp
Unsalted Butter*	½ tbsp	1 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.*

1



### Cook bulgur

- Add **half the bulgur** (all for 4 ppl), **⅓ 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**.

4



### Cook shrimp

- 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** is coated.

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **shrimp**. Work in batches, if necessary.

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**.

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.

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.

6



### Finish and serve

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

## Dinner Solved!



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