



Smart Broiled Lemon-Garlic Shrimp

with Lemon-Herb Sauce

Smart Meal 30 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Tilapia Fillets
300 g | 600 g



Shrimp
285 g | 570 g



Bulgur Wheat
½ cup | 1 cup



Baby Spinach
56 g | 113 g



Red Cabbage, shredded
56 g | 113 g



Garlic, cloves
2 | 4



Parsley
7 g | 14 g



Lemon
½ | 1



Avocado
1 | 2



Red Wine Vinegar
1 tbsp | 2 tbsp



Garlic Salt
1 tsp | 2 tsp



Mayonnaise
2 tbsp | 4 tbsp



Feta Cheese, crumbled
¼ cup | ½ cup

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 | Butter, oil, sugar, salt, pepper

Cooking utensils | Aluminum foil, baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, zester, small pot

1



Cook bulgur

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Add $\frac{3}{4}$ cup (1 cup) **water**, **1 tbsp** (2 tbsp) **butter** and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until water returns to a boil. Cover and remove from heat. Let stand until **bulgur** is tender and liquid is absorbed, 16-18 min.

2



Pickle cabbage

- Add **cabbage**, **vinegar**, **1 tbsp** (2 tbsp) **water** and **1 tsp** (2 tsp) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves and **cabbage** wilts slightly, 1-2 min.
- Remove from heat. Transfer **cabbage**, including **pickling liquid**, to a large bowl. Place in the fridge to cool.

3



Prep

- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Halve, pit, then peel **avocado**. Cut into $\frac{1}{2}$ -inch pieces. Season with **salt** and **pepper**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.

4



Make lemon-herb sauce

- Meanwhile, add **mayo**, **half the parsley**, **one quarter of the garlic**, $\frac{1}{2}$ tsp (2 tsp) **lemon juice** and **1 tsp** (2 tsp) **water** to a small bowl. Season with **salt** and **pepper**. Stir to mix.

5



Broil shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Add **shrimp**, **lemon zest**, **remaining garlic**, **remaining garlic salt** and **1 tbsp** (2 tbsp) **oil** to an aluminum foil-lined baking sheet. Season with **pepper**. Toss to mix.
- Broil in the **top** of the oven until **shrimp** are cooked through, 5-6 min. **

6



Finish and serve

- Fluff **bulgur** with fork, then stir in **remaining lemon juice** and **remaining parsley**.
- Drain all but $\frac{1}{2}$ **tbsp** (1 **tbsp**) **pickling liquid from cabbage**. Add **spinach** and **1 tsp** (2 tsp) **oil** to the bowl with **cabbage**. Toss to coat.
- Divide **bulgur** and **cabbage-spinach mixture** between bowls.
- Top with **shrimp**, **feta** and **avocado**.
- Drizzle **lemon-herb sauce** over top.

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

5 | Broil tilapia

🔄 Swap | Tilapia Fillets

If you've opted to get **tilapia**, pat **tilapia** dry with paper towels and arrange on an aluminum foil-lined baking sheet. In a small bowl, combine **lemon zest**, **remaining garlic**, **remaining garlic salt** and **1 tbsp** (2 tbsp) **oil**. Season with **pepper**. Spread **mixture** onto **tilapia**. Broil in the **top** of the oven until **tilapia** is cooked through, 5-6 min. ** Follow the rest of the recipe as written.

** Cook shellfish and fish to minimum internal temperatures of 74°C/165°F and 70°C/158°F, as size may vary.