



Cal Smart Mexi-Cali Shrimp Bowls

with Warm Bulgur Salad and Baja Sauce

Calorie Smart

20-min



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Shrimp



Double Shrimp



Southwest Spice Blend



Bulgur Wheat



Baby Spinach



Baby Tomatoes



Green Onion



Mayonnaise



Lime



Sour Cream



Vegetable Stock Powder



Chipotle Sauce

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 BAJA SAUCE

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

Start here

Before starting, wash and dry all produce.

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

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
Double Shrimp	570 g	1140 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
Green Onion	1	2
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.

1



Cook bulgur

- Combine **stock powder** and **¾ cup** (1 cup) **water** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur**, then return to a boil. Cover and remove pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.

4



Cook shrimp

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, use a strainer to 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** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. **
- Remove pan from heat. Add **remaining chipotle sauce**, then stir to coat **shrimp**.

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, roughly chop **spinach**.
- Thinly slice **green onion**.
- 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.

5



Make bulgur salad

- Add **lime zest** to the pot with **bulgur**. Fluff with a fork to combine.
- Add **spinach**, **remaining lime juice** and **half the green onions**. Drizzle **½ tbsp** (1 tbsp) **oil** over top.
- Season with **pepper**, then toss to combine.

3



Make Baja sauce

- Add **mayo**, **sour cream**, **half the chipotle sauce**, **half the lime juice** and **½ tsp** (1 tsp) **Southwest Spice Blend** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

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

Dinner Solved!



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