

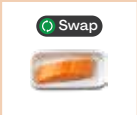


# Cal Smart Shrimp and Bulgur Bowls

## with Tangy Herb Sauce and Roasted Veggies

Smart Meal

25 Minutes



Salmon Fillets  
skin-on  
250 g | 500 g

↗ Custom Recipe + Add ↻ Swap or \*2 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](http://www.hellofresh.ca)



- Shrimp  
285 g | 570 g
- Bulgur Wheat  
1/2 cup | 1 cup
- Zucchini  
1 | 2
- Sweet Bell Pepper  
1 | 2
- Baby Spinach  
56 g | 113 g
- Parsley  
7 g | 14 g
- Yogurt Sauce  
3 tbsp | 6 tbsp
- Red Wine Vinegar  
1 tbsp | 2 tbsp
- Garlic Puree  
1 tbsp | 2 tbsp
- Smoked Paprika-Garlic Blend  
1 tbsp | 2 tbsp
- Almonds, sliced  
14 g | 28 g

**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 | Oil, sugar, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, strainer, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

1



### Cook bulgur

- Before starting, preheat the oven to 450°F.
  - Add  $\frac{3}{4}$  cup (1 cup) water and  $\frac{1}{2}$  tsp (1 tsp) salt to a medium pot.
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Once **water** is boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork and place pot with **bulgur** in fridge to cool down.

2



### Prep and roast veggies

Swap | Salmon Fillets

- Meanwhile, core, then cut **pepper** into  $\frac{1}{4}$ -inch slices.
- Halve **zucchini** lengthwise, then cut into  $\frac{1}{2}$ -inch half-moons.
- Add **peppers, zucchini, half the Smoked Paprika-Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until tender crisp and golden-brown, 14-16 min.

3



### Finish prep and toast almonds

- Roughly chop **spinach**.
- Finely chop **parsley**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **half the almonds** (use all for 4 ppl) to the dry pan.
- Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.

4



### Make sauces

- Add **vinegar**,  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then stir to combine. (**NOTE:** This is your dressing).
- Add **yogurt sauce**, **half the parsley**, **half the garlic puree** and  $\frac{1}{4}$  tsp ( $\frac{1}{2}$  tsp) **sugar** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine. (**NOTE:** This is your herb sauce).

5



### Cook shrimp

- Heat the same pan (from step 3) over medium-high.
- While pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil** then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Add **remaining garlic puree** and **remaining Smoked Paprika-Garlic Blend**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**.

6



### Finish and serve

- Add **bulgur, spinach, remaining cilantro** and **remaining parsley** to the bowl with **dressing**. Stir to coat.
- Divide **bulgur** and **roasted veggies** between bowls.
- Top with **shrimp**.
- Dollop **herb sauce** over top.
- Sprinkle **toasted almonds** over top.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Prep and roast veggies

Swap | Salmon Fillets

If you've opted to get **salmon**, line a baking sheet with parchment paper. Pat **salmon** dry with paper towels. Arrange on the prepared sheet. Drizzle **1 tsp** (2 **tsp**) **oil** over top. Spread **remaining garlic puree** over **salmon**. Season with **salt, pepper** and **remaining Smoked Paprika-Garlic Blend**. Roast in the **top** of the oven until cooked through, 8-12 min.\*\* Plate the **salmon** in the same way the recipe instructs you to plate the **shrimp**.

\*\* Cook shrimp and salmon to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively, as size may vary.



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