



Mexican Shrimp Bowls

with Jewelled Rice and Red Sauce

Spicy

30 Minutes



Shrimp



All-Purpose Flour



Mexican Seasoning



Vegetable Broth Concentrate



Sweet Bell Pepper



Poblano Pepper, chopped



Garlic Puree



Canned Corn



Basmati Rice



Sour Cream



Cilantro



Lime



Tomato Sauce Base



Onion, chopped

HELLO SHRIMP

Our shrimp are sustainably sourced to preserve the health of our oceans!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
All-Purpose Flour	1 tbsp	2 tbsp
Mexican Seasoning	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Sweet Bell Pepper	160 g	320 g
Poblano Pepper, chopped 🌶️	113 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Canned Corn	½ can	1 can
Basmati Rice	¾ cup	1 ½ cups
Sour Cream	3 tbsp	6 tbsp
Cilantro	7 g	7 g
Lime	1	1
Tomato Sauce Base	2 tbsp	2 tbsp
Onion, chopped	56 g	113 g
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.

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Cook rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic puree** and **rice**. Cook, stirring often, until fragrant, 1 min. Add **1 ¼ cups water** (dbl for 4 ppl). Cover and bring to a boil over high. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook shrimp

Reduce heat to medium. Add **½ tbsp oil**, then **shrimp** to the same pan. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Transfer to a plate and cover to keep warm. (**NOTE:** Don't overcrowd the pan; cook shrimp in 2 batches for 4 ppl, using ½ tbsp oil per batch!)



Prep

While **rice** cooks, core, then cut **bell pepper** into ½-inch pieces. Roughly chop **cilantro**. Drain and rinse **corn**. Zest **lime**, then cut into wedges. Add **sour cream** and **lime zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside. Drain and rinse **shrimp** using a strainer, then pat dry with paper towels. Season with **salt**, **pepper** and **half the Mexican Seasoning**.



Make sauce

Add **½ tbsp butter** (dbl for 4 ppl) to the same pan. Sprinkle over **flour**, then add **tomato sauce** and **remaining Mexican Seasoning**. Cook, whisking constantly, until fragrant, 1 min. Add **broth concentrate** and **½ cup water** (dbl for 4 ppl). Bring to a boil over medium-high. Once boiling, reduce to medium-low. Cook, whisking often, until **sauce** thickens slightly, 1-2 min. Remove the pan from heat. Add **shrimp**, then toss to coat.



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**, **poblanos**, **onions** and **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until **peppers** are tender-crisp, 3-5 min. Season with **salt** and **pepper**. Transfer **veggies** to a large bowl and cover to keep warm.



Finish and serve

Fluff **rice** with a fork, then season with **salt**. Add **rice** to the large bowl with **veggies**, then stir to combine. Divide **rice** between bowls. Top with **shrimp** and drizzle over **sauce**. Dollop **lime crema** over top. Sprinkle with **cilantro** and squeeze over a **lime wedge**, if desired.

Dinner Solved!