



Mexican-Spiced Shrimp Bowls

with Jewelled Rice and Red Sauce

Family Friendly 30 Minutes

Cook to the beat! Scan the code using the Spotify App for a fresh playlist full of FamJams



- Shrimp
- All-Purpose Flour
- Mexican Seasoning
- Vegetable Broth Concentrate
- Sweet Bell Pepper
- Green Bell Pepper
- Canned Corn
- Basmati Rice
- Sour Cream
- Cilantro
- Lime
- Tomato Sauce Base

HELLO MEXICAN SEASONING
Smoky, sweet and spicy combined for the perfect Tex-Mex flavour!

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
Green Bell Pepper	200 g	400 g
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
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.

Contact

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Cook rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice**. Cook, stirring often, until toasted, 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. (**NOTE:** Don't overcrowd the pan; cook shrimp in 2 batches for 4 ppl, using ½ tbsp oil per batch!) Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. ****** Transfer **shrimp** to a plate and cover to keep warm.



Prep

While **rice** cooks, core, then cut **peppers** into ½-inch pieces. Roughly chop **cilantro**. Drain, then 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. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt**, **pepper** and **half the Mexican Seasoning**.



Make red sauce

Add **½ tbsp butter** (dbl for 4 ppl) to the same pan. Sprinkle **flour** over top, then add **tomato sauce base** 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 heat 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** 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 with **red sauce**. Dollop **lime crema** over top. Sprinkle with **cilantro** and squeeze over a **lime wedge**, if desired.

Dinner Solved!