



# Smart Ginger-Glazed Shrimp and Bulgur Bowls

with Clementine, Snow Peas and Almonds

Carb Smart

Calorie Smart

Quick

25 Minutes



Shrimp



Bulgur Wheat



Vegetable Broth Concentrate



Clementine



Baby Spinach



Snow Peas



Ginger Sauce



Almonds, sliced



Rice Vinegar



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HELLO CLEMENTINE

*These tiny seedless fruits are sweeter than most other citrus fruits!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

|                             | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Shrimp                      | 285 g    | 570 g    |
| Bulgur Wheat                | ¼ cup    | ½ cup    |
| Vegetable Broth Concentrate | 1        | 2        |
| Clementine                  | 1        | 2        |
| Baby Spinach                | 56 g     | 113 g    |
| Snow Peas                   | 113 g    | 227 g    |
| Ginger Sauce                | 4 tbsp   | 8 tbsp   |
| Almonds, sliced             | 28 g     | 56 g     |
| Rice Vinegar                | 1 tbsp   | 2 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 bulgur

- Add **half the bulgur** (use all for 4 ppl), **broth concentrate**, **¼ cup water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff **bulgur** with a fork.



### Cook shrimp

- Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Remove the pan from heat.
- Add **half the ginger sauce**, then toss until **shrimp** is coated.



### Prep

- Meanwhile, peel **clementine**, then separate into segments.
- Trim, then halve **snow peas**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



### Assemble salad

- Whisk together **remaining ginger sauce** and **vinegar** in a large bowl.
- Add **spinach**, **snow peas**, **clementine segments** and **bulgur**.
- Season with **salt** and **pepper**, then toss to combine.



### Toast almonds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer to a plate.



### Finish and serve

- Divide **salad** between bowls. Top with **shrimp**.
- Sprinkle **almonds** over top.

## Dinner Solved!