



Harissa-Spiced Wild Shrimp

with Herbed Bulgur Salad



20-30min



2 Servings

One of our favorite stove-top preparations for shrimp is cooking in a really hot cast-iron skillet. Here, wild caught shrimp goes from raw to cooked in just 3 minutes! Add butter and harissa spice to the pan with the cooked shrimp, and the pan sauce practically makes itself. We serve this buttery, spicy shrimp with a toothsome bulgur and spinach salad dotted with chopped apricots to make for the perfect sweet and savory bite.

What we send

- 1 oz dried apricots ¹²
- 4 oz quick-cooking bulgur ¹
- 1 lemon
- 2 scallions
- ¼ oz fresh mint
- ¼ oz harissa spice blend
- 3 oz baby spinach
- 10 oz pkg wild caught shrimp ²

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- butter ⁷

Tools

- small saucepan
- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

Allergens

Wheat (1), Shellfish (2), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 26g, Carbs 54g, Protein 32g



1. Cook bulgur

Coarsely chop **apricots** and transfer to a small saucepan.

Add **bulgur, 1¼ cups water**, and **¼ teaspoon salt**. Bring to a boil, then reduce to a simmer; cover and cook until bulgur is tender, 10-12 minutes.

Drain well. Spread out on a rimmed baking sheet to cool.



4. Dress bulgur salad

Add **cooked bulgur** and **sliced scallions** to the bowl with **lemon vinaigrette**, and toss gently to combine. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Meanwhile, squeeze **2 tablespoons lemon juice** into a large bowl.

Trim **half of the scallions** (save rest for own use), then thinly slice. Pick and thinly slice **mint leaves**; discard stems.

Rinse **shrimp** under cool water, then pat dry. Transfer shrimp to a medium bowl and toss with **1 teaspoon oil**; season with **salt** and **pepper**.



5. Cook shrimp

Heat a medium heavy skillet (preferably cast-iron) over high. Add **shrimp**, reduce heat to medium-high, and cook, stirring frequently, until shrimp are cooked through, 2-3 minutes.

Remove skillet from heat. Add **1 tablespoon butter** and **1½ teaspoons harissa spice blend**, and stir to coat.



3. Make lemon vinaigrette

Whisk **2 tablespoons oil** into bowl with **lemon juice**. Season with **¼ teaspoon each of salt and sugar** and **a few grinds of pepper**.



6. Finish salad & serve

Add **spinach** and **sliced mint** to **bulgur salad**, and toss to combine.

Serve **salad** topped with **shrimp** and **any pan juices**. Enjoy!