



Moroccan Spiced 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, shrimp goes from raw to cooked in just 3 minutes! Remove from the pan with the cooked shrimp from the heat, stir in butter and harissa spice, and pan sauce practically makes itself. We serve this buttery, spicy shrimp with a toothsome bulgur and spinach salad.

What we send

- 1 oz dried apricots ¹²
- 4 oz quick-cooking bulgur ¹
- 1 lemon
- 1 oz scallions
- ¼ oz fresh mint
- 10 oz pkg shrimp ²
- harissa spice blend (use 1½ tsp)
- 3 oz baby spinach

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, Proteins 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**, then thinly slice. Pick **mint leaves** from **stems**; thinly slice leaves, discarding 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 the heat. Add **1½ teaspoons harissa spice blend** and **1 tablespoon butter**, 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!