



Smart Shrimp and Charred Corn Salad

with DIY Croutons









Smart Meal 25 Minutes

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)

 Swap	 Double
	
Tilapia Fillets 300 g 600 g	Shrimp 570 g 1140 g



	
Shrimp 285 g 570 g	Ciabatta Roll 1 2
	
Mini Cucumber 1 2	Spring Mix 113 g 227 g
	
Corn Kernels 113 g 227 g	Ranch Dressing 2 tbsp 4 tbsp
	
White Wine Vinegar 1 tbsp 2 tbsp	Lemon-Pepper Seasoning 1 tbsp 2 tbsp

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.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, pepper, salt

Cooking utensils | Baking sheet, measuring spoons, large non-stick pan, whisk, large bowl, paper towels, strainer

1



Prep

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.
- Thinly slice **cucumbers**.
- Cut **ciabatta** into ½-inch cubes.

2



Toast croutons

- Add **ciabatta** and **2 tsp** (4 tsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Toast in the **middle** of the oven, stirring halfway through, until lightly golden, 5-6 min.
- When **croutons** are done, transfer to a plate to cool slightly.

3



Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **corn**. Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until deep golden brown, 5-6 min.
- Remove from heat, then transfer **corn** to a plate to cool.

4



Marinate cucumbers

- Meanwhile, add **vinegar**, **half the Lemon-Pepper Seasoning** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt**, then whisk to combine. (**TIP**: Add a pinch of sugar to dressing, if desired.)
- Add **cucumbers**, then toss to coat. Set aside.

5



Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **remaining Lemon-Pepper Seasoning**.
- Heat the same pan (from step 3) over medium.
- When hot, add **1 tsp** (2 tsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. ******
- Remove from heat, then transfer **shrimp** to the plate with **corn**. Set aside to cool slightly.

6



Finish and serve

- Add **spring mix** and **croutons** to the large bowl with **marinated cucumbers**. Toss to combine.
- Divide **salad** between plates. Top with **shrimp** and **charred corn**.
- Drizzle **ranch** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

5 | Cook tilapia

Swap | Tilapia Fillets

If you've opted to get **tilapia**, pat dry with paper towels. Season the same way the recipe instructs you to season the **shrimp**. Cook 2-3 min per side, until cooked through. ******

5 | Cook shrimp

*2 Double | Shrimp

If you've opted for **double shrimp**, cook it in the same way the recipe instructs you to cook the **regular portion of shrimp**. Work in batches, if necessary.

****** Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.