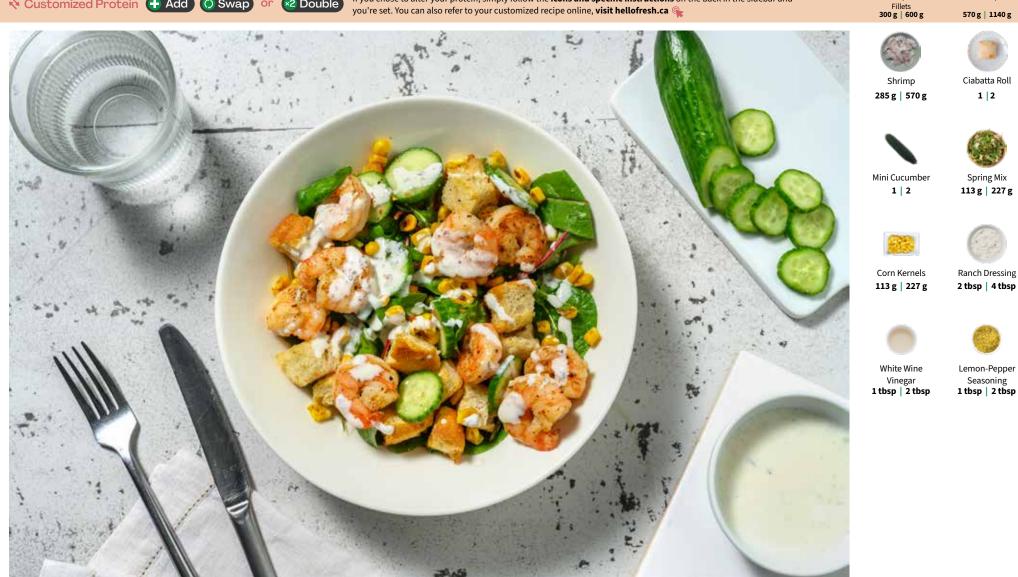


Smart Meal

25 Minutes



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 🚱



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.



🔿 Swap

Tilapia

Shrimp

### Pantry items | Oil, pepper, salt

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



# Prep

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



### 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.



# 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.



# 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

#### 🕺 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.



# 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.



# Cook shrimp

🔇 Swap | Tilapia Fillets 🏾

#### 🕺 Double | 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.



# 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.