



Popcorn Shrimp and Chopped Salad

with DIY Seafood Sauce

Spicy

25 Minutes

Swap



Tilapia

300 g | 600 g

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](http://www.hellofresh.ca)



Shrimp

285 g | 570 g



Cajun Spice Blend

1 tbsp | 2 tbsp



Panko Breadcrumbs
1/2 cup | 1/2 cup



Mayonnaise
4 tbsp | 8 tbsp



Spring Mix
113 g | 227 g



Worcestershire Sauce
1 tbsp | 2 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Ketchup
2 tbsp | 2 tbsp



Garlic, cloves
3 | 6



Carrot, julienned
56 g | 113 g



White Wine Vinegar
1 tbsp | 2 tbsp



Croutons
28 g | 56 g

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.

Pantry items | Salt, oil, sugar, pepper

Cooking utensils | 2 baking sheets, large bowl, measuring spoons, medium bowl, paper towels, parchment paper, shallow dish, small bowl, strainer, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
Mild: ¼ tsp (½ tsp) • Medium: ½ tsp (1 tsp) • Extra: 1 tsp (2 tsp)

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- Peel, then mince or grate **garlic**.
- Drain and rinse **shrimp**, then pat dry with paper towels.

2



Coat shrimp

- Toss **shrimp** with **3 tbsp** (6 tbsp) **mayo** and **half the Cajun Spice Blend** in a large bowl. Season with **salt** and **pepper**.
- Combine **panko** and **remaining Cajun Spice Blend** in a shallow dish.
- Working with **4 shrimp** at a time, toss into **panko mixture**, then transfer to a parchment-lined baking sheet. (**NOTE:** Use 2 baking sheets for 4 ppl).
- Repeat in batches until all **shrimp** are coated.

3



Bake shrimp

- Drizzle **1 tbsp** (2 tbsp) **oil** over **shrimp**. (**NOTE:** For 4 ppl, use 1 tbsp oil per baking sheet.)
- Bake in the **middle** of the oven, carefully flipping halfway through, until cooked through and golden-brown, 14-15 min. ****** (**NOTE:** For 4 ppl, bake in the middle and bottom of the oven).

4



Make seafood sauce

- Meanwhile, stir together **half the ketchup** (use all for 4 ppl), **sweet chili sauce**, **Worcestershire sauce** and **¼ tsp** (½ tsp) **garlic** in a small bowl. (**NOTE:** Reference garlic guide.)
- Set aside.

5



Toss salad

- Whisk together **remaining mayo**, **1 tbsp** (2 tbsp) **vinegar**, **1 tsp** (2 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a medium bowl. Season with **salt** and **pepper**.
- Add **carrots**, **spring mix** and **croutons**. Toss together.

6



Finish and serve

- Divide **popcorn shrimp** and **chopped salad** between plates.
- Serve **DIY seafood sauce** alongside for dipping. (**NOTE:** Shrimp will be very hot. Set aside to cool slightly before digging in.)

Measurements
within steps

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

1 | Prep

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If you've opted to get **tilapia**, pat dry then cut into 1 ½-inch pieces. Coat and cook **tilapia** in the same way the recipe instructs you to coat and cook the **shrimp**.******

****** Cook shrimp to a minimum internal temperature of 74°C/165°F and tilapia to a minimum internal temperature of 70°C/158°F, as size may vary.