



New England-Style Shrimp Rolls with Apple Salad

Family Friendly 25 - 35 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 Tilapia
300 g | 600 g
- ↻ Swap Salmon Fillets, skin-on
250 g | 500 g
- Shrimp
285 g | 570 g
- Sandwich Bun
2 | 4
- Celery
3 | 6
- Dill
7 g | 7 g
- Dijon Mustard
½ tbsp | 1 tbsp
- Mayonnaise
4 tbsp | 8 tbsp
- Lemon
1 | 1
- Gala Apple
1 | 2
- Spring Mix
56 g | 113 g
- Lemon-Pepper Seasoning
1 tbsp | 2 tbsp
- Garlic Powder
1 tsp | 2 tsp

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 | Oil, unsalted butter, salt, sugar, pepper

Cooking utensils | Baking sheet, 2 large bowls, measuring cups, measuring spoons, medium pot, paper towels, strainer, whisk, zester

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove 2 **tbsp** (4 **tbsp**) butter from the fridge and set aside to come up to room temperature.

• **Dill Guide for Step 5:**

- Mild: 1 **tsp** (2 **tsp**)
- Dilly: 2 **tsp** (4 **tsp**)
- Extra-dilly: 1 **tbsp** (2 **tbps**)

- Add **6 cups water**, **half the Lemon-Pepper Seasoning** and **2 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high.
- Meanwhile, halve **celery** lengthwise, then cut into ¼-inch pieces.
- Roughly chop **dill**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Core, then cut **apple** into ¼-inch slices.
- Using a strainer, drain and rinse **shrimp**.

4



Toast buns

- Split **buns** in half lengthwise, leaving the centre intact.
- Open up **buns** like a book. Spread **2 tbsp** (4 **tbps**) **softened butter** on cut sides.
- Arrange **buns** on an unlined baking sheet, cut-side up.
- Toast in the **middle** of the oven until golden, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn.)

2



Cook shrimp

🔄 Swap | **Tilapia**

🔄 Swap | **Salmon Fillets, skin-on**

- Add **shrimp** to the **boiling water**. Cook until **shrimp** just turn pink, 1-2 min.**
- Using a clean strainer, drain **shrimp**, then run **cold water** over **shrimp** until cool. (**TIP:** Plunge shrimp into ice water for faster results.)
- Pat **shrimp** dry with paper towels.

3



Make vinaigrette

- Meanwhile, add ½ **tbsp** (1 **tblsp**) **lemon juice**, ¼ **tsp** (½ **tsp**) **sugar** and 1 ½ **tbps** (3 **tblsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.

5



Make shrimp filling

- Meanwhile, add **shrimp**, **celery**, **mayo**, **Dijon**, **lemon zest**, ¼ **tsp** (½ **tsp**) **sugar**, ½ **tsp** (1 **tsp**) **lemon juice**, **garlic powder**, **remaining Lemon-Pepper Seasoning** and **1 tsp dill** to another large bowl. (**NOTE:** Reference dill guide.)
- Season with **salt** and **pepper**, to taste, then toss to combine.

6



Finish and serve

- Add **apples** and **spring mix** to the bowl with **vinaigrette**, then toss to coat.
- Divide **salad** between plates.
- Spoon **shrimp filling** into **buns** and serve alongside. Sprinkle with **any remaining dill**, if desired.
- Squeeze a **lemon wedge** over top, if desired

Measurements
within steps

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

2 | Cook tilapia

🔄 Swap | **Tilapia**

If you've opted to get **tilapia**, cut it into 1 ½-inch pieces. Cook **tilapia pieces** in the same way the recipe instructs you to cook the **shrimp**, until **tilapia** turns opaque.**

2 | Cook salmon

🔄 Swap | **Salmon Fillets, skin-on**

If you've opted to get **salmon**, pat **salmon** dry with paper towels, then place on a cutting board, skin-side down. Using a knife, carefully slide the blade between flesh and skin, parallel to the cutting board, to remove skin. Discard skin. Cut **salmon** into ½-inch pieces. Add **salmon** and ½ **tbsp** (1**tblsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat. Roast in the **top** of the oven until cooked through, 5-8 minutes.** Follow the rest of the recipe as written.

** Cook shrimp to a minimum internal temperature of 165°F, as size may vary, and cook salmon and tilapia to a minimum internal temperatures of 158°F, as sizes may vary.