



Buffalo Shrimp Sandwiches

with Ranch and Sweet Potato Wedges

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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



Tofu
1 | 2

x2 Double



Shrimp
570 g | 1140 g



Shrimp
285 g | 570 g



Sandwich Bun
2 | 4



Hot Sauce
1 tbsp | 2 tbsp



Sweet Potato
2 | 4



Honey
1 | 2



Spring Mix
28 g | 56 g



Tomato
1 | 2



Ranch Dressing
4 tbsp | 8 tbsp



Green Onion
2 | 4

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-serving | 4-serving

Pantry items | Pepper, butter, salt, oil

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

1



Roast sweet potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **sweet potatoes** into ½-inch wedges.
- To a parchment-lined baking sheet, add **sweet potatoes** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven for 22-24 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Toast buns

- Meanwhile, halve **buns**.
- On an unlined baking sheet, arrange **buns** cut-side up.
- Toast in the **bottom** of the oven for 5-6 min, until golden. (**TIP:** Keep an eye on buns so they don't burn!)

2



Prep

🔄 Swap | Tilapia

🔄 Swap | Tofu

- Meanwhile, cut **tomato** into ¼-inch slices.
- Thinly slice **green onions**.
- In a small bowl, stir together **green onions** and **ranch dressing**.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

5



Finish and serve

- Spread **2 tbsp ranch** over **buns**.
- Stack **spring mix**, **tomatoes** and **Buffalo shrimp** on **bottom buns**. Close with **top buns**.
- Divide **sandwiches** and **sweet potato wedges** between plates.
- Serve **remaining ranch** alongside for dipping.

3



Cook Buffalo shrimp

🔄 Swap | Tilapia

🔄 Swap | Tofu

*2 Double | Shrimp

- Heat a large non-stick pan over medium-high.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **shrimp**.
- Cook for 2-3 min, stirring occasionally, until **shrimp** just turn pink.**
- Add **half the hot sauce** (use all for 4 servings) and **honey**.
- Cook for 30 sec, stirring occasionally, until **sauce** thickens slightly.

Measurements **1 tbsp** (2 tbsp) **oil**
within steps 2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

🔄 Swap | Tilapia

If you've opted to get **tilapia**, pat **tilapia** dry with paper towels, pressing well to absorb as much moisture as possible.

2 | Prep

🔄 Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into ½-inch slices. Season with **salt** and **pepper**.

3 | Cook Buffalo tilapia

🔄 Swap | Tilapia

When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then add **tilapia**. Pan-fry for 3-4 min per side, until **tilapia** is cooked through.** Follow the rest of the recipe as written.

3 | Cook Buffalo tofu

🔄 Swap | Tofu

When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **tofu**. Cook for 2-3 min per side, until golden. Follow the rest of the recipe as written.

3 | Cook Buffalo shrimp

*2 Double | Shrimp

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

** Cook shrimp and fish to minimum internal temperatures of 165°F and 158°F, respectively.