



Old Bay Panko Shrimp and Roasted Zucchini

with Sweet Potato Wedges and Lemon-Chive Dipping Sauce

35 Minutes



Shrimp



Sweet Potato



Old Bay Seasoning



Panko Breadcrumbs



Lemon



Chives



Mayonnaise



Zucchini



Yellow Onion

HELLO OLD BAY

The perfect combination of spices and seasoning to make your seafood dinners pop!

Start here

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, strainer, aluminum foil, parchment paper, large non-stick pan, paper towels, zip-top bag, small bowl

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Sweet Potato	340 g	680 g
Old Bay Seasoning	½ tbsp	1 tbsp
Panko Breadcrumbs	½ cup	1 cup
Lemon	1	1
Chives	7 g	7 g
Mayonnaise	4 tbsp	8 tbsp
Zucchini	200 g	400 g
Yellow Onion	56 g	113 g
Oil*		

Salt and Pepper*

* Pantry items

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

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.

Contact

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1 Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min.



4 Prep and cook veggies

- Meanwhile, peel, then cut **half the onion** into ½-inch slices (whole onion for 4 ppl).
- Cut **zucchini** into ½-inch rounds.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini, onions** and **remaining Old Bay Seasoning**. Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**, to taste.
- Set aside.



2 Prep shrimp

- Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **pepper**.
- Add **shrimp** and **2 tbsp mayo** (dbl for 4 ppl) to a medium bowl. Toss to coat **shrimp** all over. Set aside.
- Toss together **panko** and **half the Old Bay Seasoning** in a zip-top bag.
- Add **shrimp** to the zip-top bag with **panko**. Seal the bag and shake to coat **shrimp**.



5 Make lemon-chive dipping sauce

- Juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Finely chop **chives**.
- Add **½ tbsp lemon juice** (dbl for 4 ppl), **remaining mayo** and **half the chives** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



3 Bake shrimp

- Lightly oil a foil-lined baking sheet.
- Arrange **shrimp** on the baking sheet in a single layer.
- Bake in the **top** of oven until cooked through, 12-14 min.**



6 Finish and serve

- Divide **sweet potato wedges, veggies** and **shrimp** between plates. Sprinkle with **remaining chives**.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **lemon-chive dipping sauce** alongside.

Dinner Solved!