



Popcorn Shrimp and Chopped Salad

with DIY Seafood Sauce

Spicy

25 Minutes

Swap



Tilapia Fillets
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](https://www.hellofresh.ca)



Shrimp

285 g | 570 g



Cajun Spice Blend

1 tbsp | 2 tbsp



Panko Breadcrumbs
1/2 cup | 1 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

1 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 | Sugar, oil, pepper, salt

Cooking utensils | Baking sheet, medium bowl, measuring spoons, shallow dish, strainer, large bowl, parchment paper, small bowl, whisk, paper towels

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.

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.

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.

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.

3



Bake shrimp

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- 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).

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 and coat tilapia

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If you've opted to get **tilapia**, pat dry with paper towels. Stir together **3 tbsp** (6 **tbsp**) **mayo** and **half the Cajun Spice Blend** in a small bowl. Combine **panko** and **remaining Cajun Spice Blend** in a shallow dish. Line a baking sheet with parchment paper. Add **tilapia** to the prepared baking sheet. Spread **mayo mixture** over **tops of tilapia**. Top with **panko mixture**, pressing down gently to adhere.

3 | Bake tilapia

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Drizzle **1 tbsp** (2 **tbsp**) **oil** over **tilapia**. Bake in the **middle** of the oven until cooked through, 9-12 min.** Serve alongside **chopped salad** and **seafood sauce**. (**NOTE:** Tilapia will be very hot! Set aside to cool slightly before digging in!)

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



Issue with your meal? Scan the QR code to share your feedback.