



# Smart Shrimp and Charred Corn Salad with DIY Croutons

Calorie Smart

Carb Smart

30 Minutes



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Shrimp



Ciabatta Roll



Mini Cucumber



Spring Mix



Corn Kernels



Ranch Dressing



White Wine Vinegar



Lemon-Pepper  
Seasoning

HELLO RANCH

*This tangy ranch dressing is the perfect salad condiment!*

## Start here

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

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

## Bust out

Baking sheet, measuring spoons, strainer, large bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Ciabatta Roll	1	2
Mini Cucumber	66 g	132 g
Spring Mix	113 g	227 g
Corn Kernels	113 g	227 g
Ranch Dressing	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
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.*



### Prep

- Thinly slice **cucumbers**.
- Cut **ciabatta** into ½-inch cubes.



### Toast croutons

- Add **ciabatta** and **2 tsp** (4 tsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Toast in the **middle** of the oven, stirring halfway through, until lightly golden, 5-6 min.
- When **croutons** are done, transfer to a plate to cool slightly.



### Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp** (2 tsp) **oil**, then **corn**. Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until deep golden-brown, 5-6 min.
- Remove from heat, then transfer **corn** to a plate to cool.



### Marinate cucumbers

- Meanwhile, add **vinegar**, **half the Lemon-Pepper Seasoning** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt**, then whisk to combine. (**TIP**: Add a pinch of sugar to dressing, if desired!)
- Add **cucumbers**, then toss to coat. Set aside.



### Cook shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **remaining Lemon-Pepper Seasoning**.
- Heat the same pan (from step 3) over medium.
- When hot, add **1 tsp** (2 tsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*
- Remove from heat, then transfer **shrimp** to the plate with **corn**. Set aside to cool slightly.



### Finish and serve

- Add **spring mix** and **croutons** to the large bowl with **marinated cucumbers**. Toss to combine.
- Divide **salad** between plates. Top with **shrimp** and **charred corn**.
- Drizzle **ranch** over top.

Dinner Solved!



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