



More than Food

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Shrimp Po' Boys

with Remoulade and Creole Wedge Salad



For a healthy twist on the New Orleans classic, we're sautéing juicy shrimp in our Creole spice blend in lieu of frying. Spread with a tangy remoulade sauce, these po' boys won't leave you missing the original. An old-school wedge salad makes for a crisp and refreshing summer side dish.

25 min

level 1

nut free



Shrimp



Portuguese Rolls



Mayonnaise



Scallions



Hot Sauce



Garlic



Lemon



Iceberg Lettuce



Tomato



Creole Seasoning

Ingredients

		2 People	4 People
Shrimp	1)	10 oz	20 oz
Portuguese Rolls	2) 3) 5)	2	4
Mayonnaise	4)	3 T	6 T
Scallions		2	4
Hot Sauce		1 t	2 t
Garlic		2 cloves	4 cloves
Lemon		1	2
Iceberg Lettuce		1 head	2 heads
Tomato		1	2
Creole Seasoning		1 t	2 t
Olive Oil*		½ T	1 T

*Not Included

Allergens

- 1) Shellfish
- 2) Wheat
- 3) Soy
- 4) Eggs
- 5) Dairy

Tools

2 Small Bowls, Zester, Large Pan

Ruler

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Nutrition per person Calories: 516 cal | Carbs: 68 g | Fat: 16 g | Protein: 30 g | Fiber: 7 g



1 Preheat oven to 400 degrees. Halve the head of **iceberg lettuce**. Thinly slice **one lettuce half** into shreds. Cut the other **lettuce half** into two wedges. Thinly slice **half the tomato**; dice the other **half tomato**. Thinly slice the **scallions**, keeping the greens and whites separate. Mince or grate the **garlic**. Zest and halve the **lemon**.



2 Make the **remoulade**: in a small bowl, mix together **3 tablespoons mayonnaise, scallion whites, lemon zest, a squeeze of lemon, and hot sauce** to taste. Season with **salt and pepper**.

3 Make the **Creole salad dressing**: mix half the **remoulade** in a small bowl with enough **lemon juice** to thin to a dressing-like consistency.

4 Halve the **rolls** and place in the oven to toast for 5 minutes.

5 Meanwhile, heat **½ tablespoon olive oil** in a large pan over medium-high heat. Season the **shrimp** with **salt, pepper**, and the **Creole Seasoning**. Add the **garlic** to the pan and cook 30 seconds, until fragrant. Add the **shrimp** and cook, tossing, 2-3 minutes, until opaque.



6 Assemble the **po' boy**: spread each roll with the **remoulade**, then top with the **shrimp, shredded lettuce**, and **sliced tomato**.

7 Plate the **iceberg wedge** alongside the **po' boy** and sprinkle with **diced tomato**. Drizzle the **Creole salad dressing** over and garnish with **scallion greens**. Enjoy!

