



# Smart Shrimp and Charred Corn Salad

with DIY Croutons

Calorie Smart

Carb Smart

Spicy

30 Minutes



Shrimp



Ciabatta Roll



Mini Cucumber



Spring Mix



Canned Corn



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.

## 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	132 g	264 g
Spring Mix	113 g	227 g
Canned Corn	½ can	1 can
Ranch Dressing	4 tbsp	8 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.*

## Contact

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## Prep

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



## Marinate cucumbers

- Meanwhile, add **vinegar**, **half the Lemon-Pepper Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**, then whisk to combine. (**TIP**: Add a pinch of sugar to the dressing, if desired!)
- Add **cucumbers**, then toss to coat. Set aside.



## Toast croutons

- Add **ciabatta** and **2 tsp oil** (dbl for 4 ppl) 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.



## 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 oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. \*\*
- Remove the pan from heat, then transfer **shrimp** to the plate with **corn**. Set aside to cool slightly.



## Char corn

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **half the corn** (use all for 4 ppl). Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until deep golden-brown, 5-6 min.
- Remove the pan from heat, then transfer **corn** to a plate to cool.



## Finish and serve

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

## Dinner Solved!