



Smart Shrimp and Charred Corn Salad with DIY Croutons

Smart Meal

30 Minutes



Customized Protein + Add Swap or x2 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)

x2 Double



Shrimp
570 g | 1140 g

Swap



Tofu
1 | 2



Shrimp
285 g | 570 g



Ciabatta Roll
1 | 2



Mini Cucumber
1 | 2



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



You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PACE:VNO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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 | Pepper, oil, salt

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

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Thinly slice **cucumbers**.
- Cut **ciabatta** into ½-inch cubes.

2



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.

3



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.

4



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.

5



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.

6



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.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

5 | Cook shrimp

×2 Double | Shrimp

If you've opted for **double shrimp**, add an extra **1 tsp** (2 tsp) **oil** to the pan. Cook it in the same way the recipe instructs you to cook the regular portion of **shrimp**. Work in batches, if necessary.

5 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **shrimp**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, turning occasionally, until crispy and golden brown all over, 6-7 min.

6 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **shrimp**.

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