

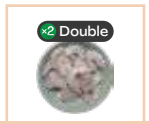


# Buffalo-Tossed Shrimp

## with Ranch and Sweet Potato Wedges

Spicy

30 Minutes



Shrimp  
570 g | 1140 g

↗ Custom Recipe

+ 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



Sandwich Bun  
2 | 4



Hot Sauce  
1 tbsp | 2 tbsp



Sweet Potato  
2 | 4



Honey  
1 | 2



Spring Mix  
28 g | 56 g



Tomato  
1 | 2



Ranch Dressing  
4 tbsp | 8 tbsp



Green Onion  
2 | 2

**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** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | 2 Baking sheets, measuring spoons, strainer, parchment paper, small bowl, large non-stick pan, paper towels

1



### Roast sweet potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



### Prep

- Meanwhile, cut **tomato** into ¼-inch slices.
- Thinly slice **green onions**.
- Stir together **green onions** and **ranch dressing** in a small bowl.
- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

3



### Cook Buffalo shrimp

- **×2 Double | Shrimp**
- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **shrimp**.
- Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. **\*\***
- Add **half the hot sauce** (use all for 4 ppl) and **honey** to the pan.
- Cook, stirring occasionally, until **Buffalo sauce** thickens slightly, 30 sec.

4



### Toast buns

- Meanwhile, halve **buns**, then arrange on an unlined baking sheet, cut-side up.
- Toast in the **bottom** of the oven until golden-brown, 5-6 min. (**TIP:** Keep an eye on buns so they don't burn!)

5



### Finish and serve

- Spread **2 tbsp ranch** over **buns**.
- Stack **spring mix**, **tomatoes** and **Buffalo shrimp** on **bottom buns**. Close with **top buns**.
- Divide **sandwiches** and **sweet potato wedges** between plates.
- Serve **remaining ranch** alongside for dipping.

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

### 3 | Cook Buffalo shrimp

**×2 Double | Shrimp**

If you've opted for **double shrimp**, don't overcrowd the pan. Cook in batches as necessary, using **2 tbsp butter** per batch.

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



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