



# New England-Style Shrimp Rolls

with Apple Salad

Family Friendly

Optional Spice

30 Minutes



Shrimp



Sub Roll



Celery



Dill



Dijon Mustard



Mayonnaise



Lemon



Gala Apple



Spring Mix



Lemon-Pepper  
Seasoning



Garlic Powder

HELLO DILL

*This delicate herb comes from the same family as parsley and celery!*

# Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.

## Dill Guide for Step 5 (dbl for 4 ppl):

- Mild: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

## Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp

## Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, 2 large bowls, measuring cups, whisk, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Sub Roll	2	4
Celery	3	6
Dill	7 g	7 g
Dijon Mustard	1 ½ tsp	3 tsp
Mayonnaise	4 tbsp	8 tbsp
Lemon	1	1
Gala Apple	1	2
Spring Mix	56 g	113 g
Lemon-Pepper Seasoning 🍋	2 ½ tsp	5 tsp
Garlic Powder	1 tsp	2 tsp
Sugar*	½ tsp	1 tsp
Unsalted Butter*	2 tbsp	4 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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## 1 Prep

- Add **6 cups water**, **half the Lemon-Pepper Seasoning** and **2 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, halve **celery** lengthwise, then cut into ¼-inch pieces.
- Roughly chop **dill**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Core, then cut **apple** into ¼-inch slices.
- Using a strainer, drain and rinse **shrimp**.



## 4 Toast rolls

- Split **rolls** in half lengthwise, leaving the centre intact.
- Open up **rolls** like a book. Spread **2 tbsp softened butter** (dbl for 4 ppl) on cut sides.
- Arrange **rolls** on an unlined baking sheet, cut-side up.
- Toast in the **middle** of the oven until golden, 3-4 min. (**TIP:** Keep an eye on rolls so they don't burn!)



## 2 Cook shrimp

- Add **shrimp** to the **boiling water**. Cook until **shrimp** just turn pink, 1-2 min.\*\*
- Using a clean strainer, drain **shrimp**, then run **cold water** over **shrimp** until cool. (**TIP:** Plunge shrimp into ice water for faster results.)
- Pat **shrimp** dry with paper towels.



## 5 Make shrimp filling

- Meanwhile, add **shrimp**, **celery**, **mayo**, **Dijon**, **lemon zest**, **¼ tsp sugar**, **½ tsp lemon juice** (dbl both for 4 ppl), **garlic powder**, **1 tsp Lemon-Pepper Seasoning** and **1 tsp dill** to another large bowl. (**NOTE:** Reference dill and heat guides.)
- Season with **salt** and **pepper**, to taste, then toss to combine.



## 3 Make vinaigrette

- Meanwhile, add **½ tbsp lemon juice**, **¼ tsp sugar** and **1 ½ tbsp oil** (dbl all for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.



## 6 Finish and serve

- Add **apples** and **spring mix** to the bowl with **vinaigrette**, then toss to coat.
- Divide **salad** between plates.
- Spoon **shrimp filling** into **rolls** and serve alongside. Sprinkle with **any remaining dill**, if desired.
- Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!