



# SHRIMP PO BOY

with Remoulade and Red Cabbage Slaw

PRONTO



## HELLO PO'BOY

A po' boy is a traditional sandwich from Louisiana.

TIME: 30 MIN



Shrimp



Demi Baguette



Roma Tomato



Red Cabbage, shredded



Dill Pickle, sliced



Mayonnaise



Dill



Panko Breadcrumbs



Cajun Seasoning



Lemon

## BUST OUT

- Aluminum Foil
- 2 Baking Sheets
- Medium Bowl
- Small Bowl
- Strainer
- Large Bowl
- Sugar (½ tsp | 1 tsp)
- Measuring Spoons
- Zester
- Paper Towel
- Shallow Dish
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Shrimp 10 285 g | 570 g
- Demi Baguette 1 2 | 4
- Roma Tomato 80 g | 160 g
- Red Cabbage, shredded 113 g | 227 g
- Dill Pickle, sliced 1 | 2
- Mayonnaise 3,6,9 4 tbsp | 8 tbsp
- Dill 7 g | 14 g
- Panko Breadcrumbs 1 ½ cup | 1 cup
- Cajun Seasoning 1 tbsp | 2 tbsp
- Lemon 1 | 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat your broiler to **high** (to broil baguettes and shrimp).



**1 PREP** Wash and dry all produce.\* Using a strainer, drain and rinse **shrimp**, then pat dry with paper towel. In a large bowl, add **shrimp** and **2 tbsp mayo** (dbl for 4 ppl). Season with **salt** and **pepper**. Stir together. In a shallow dish, stir together **panko**, **Cajun seasoning**, **¼ tsp salt** (dbl for 4 ppl) and **¼ tsp pepper** (dbl for 4 ppl).



**4 MASSAGE CABBAGE** In a medium bowl, add **cabbage** and **¼ tsp salt** (dbl for 4 ppl) and **½ tsp sugar** (dbl for 4 ppl) and **remaining lemon juice**. Using your hands, massage **cabbage**, until slightly tender, 1 min. Add in **remaining dill**. Stir to combine. Set aside.



**2 COAT SHRIMP** Add **four mayo-coated shrimp** at a time to **Cajun mixture**. Turn to coat. Transfer **coated shrimp** to a foil-lined baking sheet. Repeat with **remaining shrimp**. Drizzle **1 tbsp oil** (dbl for 4 ppl) over **shrimp**. Broil in the **middle** of the oven, until **shrimp** are cooked through and golden-brown, 10-12 min. (**TIP:** Cook to a min. internal temp of 74°C/165°F.\*\*)



**5 TOAST BAGUETTES** Meanwhile, cut **baguettes** in half and arrange them, cut side-up, on another baking sheet cut-side up. Toast in **top** of the oven until just golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



**3 MAKE REMOULADE** Meanwhile, finely chop **dill**. Slice **tomato(es)** into ¼-inch slices. Finely chop **pickle(s)** into ⅛-inch pieces. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut **remaining lemon** into wedges. In a small bowl, add **pickle**, **lemon zest**, **half the lemon juice**, **half the dill** and **remaining mayo**. Season with **salt** and **pepper**. Stir to combine. Set aside.



**6 FINISH AND SERVE** Spread **remoulade** between tops of **baguettes**. Top bottoms with **cabbage**, **tomato** and **shrimp**. Squeeze over a **lemon wedge**, then top with **baguette tops**. (**NOTE:** Shrimp will be very hot! Set aside to cool slightly before digging in!)

## ZINGY!

Remoulade is an excellent pairing with all kinds of seafood!