



**HELLO
FRESH**

Lemony New England Shrimp Rolls

with Vinaigrette-Dressed Apple-Spring Mix Salad

Quick

Preparation time : 30 min.



Shrimp



Sandwich Bun



Celery



Dill



Dijon Mustard



Mayonnaise



Lemon



Gala Apple



Spring Mix



Garlic Powder



Lemon-Pepper
Seasoning



Oil



Butter



Salt



Sugar



Pepper



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-CA/recipes/lemony-new-england-shrimp-rolls-19>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

No special utensils

Ingredients for 1-6 people

Ingredient	2p	4p	6p
Shrimp (g)	285	570	855
Sandwich Bun (unit(s))	2	4	6
Celery (unit(s))	3	6	9
Dill (g)	7	14	21
Dijon Mustard (tbsp)	½	1	1½
Mayonnaise (tbsp)	4	8	12
Lemon (unit(s))	1	1	3
Gala Apple (unit(s))	1	2	3
Spring Mix (g)	56	113	168
Garlic Powder (g)	2	4	6
Lemon-Pepper Seasoning (g)	6	12	18
Oil (tbsp)	1½	3	
Butter (tbsp)	2	4	
Salt (tsp)	0.13	¼	
Sugar (tsp)	½	1	
Pepper (tsp)	0.13	¼	
Add yourself			

Salt, pepper, oil and water according to taste.

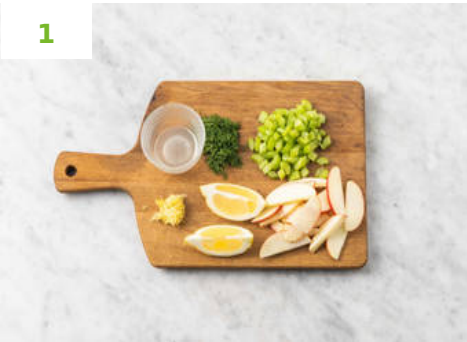
Nutritional values

Per serving	Amount
Calories	770 kcal
Fat	46 g
Saturated Fat	11 g
Carbohydrate	63 g
Sugar	10 g
Dietary Fiber	6 g
Protein	29 g
Cholesterol	230 mg
Sodium	1940 mg
Trans Fat	0.5 g
Potassium	550 mg
Calcium	150 mg
Iron	4.5 mg

Allergens

Shrimp, Wheat, Soy, Sulphites, May contain traces of allergens, Egg, Gluten, Milk, Tree nuts, Peanuts, Sesame, Fish, Crustaceans, Barley, Triticale, Mustard

Always check the product labels for allergen information.



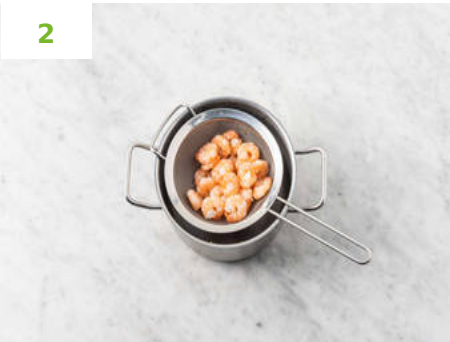
Prep

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- To a medium pot, add 6 cups water, half the Lemon-Pepper Seasoning and 2 tsp salt (use same for 4 servings). Cover and bring to a boil over high.
- Meanwhile, halve celery lengthwise, then cut into 1/4-inch pieces.
- Roughly chop dill.
- Zest, then juice half the lemon (whole lemon for 4 servings). Cut any remaining lemon into wedges.
- Core, then cut apple into 1/4-inch slices.



Toast buns

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



Cook shrimp

- Using a strainer, drain and rinse shrimp.
- Add shrimp to the boiling water. Cook for 2-3 min, until shrimp just turn pink.**
- 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.



Make shrimp filling

- Meanwhile, to another large bowl, add shrimp, celery, mayo, Dijon, lemon zest, 1/4 tsp (1/2 tsp) sugar, 1/2 tsp (1 tsp) lemon juice, garlic powder, remaining Lemon-Pepper Seasoning and dill.
- Season with salt and pepper, then toss to combine.



Make vinaigrette

- Meanwhile, in a large bowl, add 1/2 tbsp (1 tbsp) lemon juice, 1/4 tsp (1/2 tsp) sugar and 1 1/2 tbsp (3 tbsp) oil.
- Season with salt and pepper, then whisk to combine.
- Add apples, then toss to coat. Set aside.



Finish and serve

- To the bowl with vinaigrette and apples, add spring mix. Toss to coat.
- Divide salad between plates.
- Spoon shrimp filling into buns and serve alongside.
- Squeeze a lemon wedge over top, if you like.

Enjoy your meal!