



OCT
2016

Brioche Shrimp Rolls

with Creamy Dill, Radish and Spring Mix Salad

Inspired by the East Coast's finest, these buttery brioche rolls are full of juicy shrimp in a dill dressing. We've lightened up the usual creamy dressing by cutting it with healthy Greek yogurt, but you'd never know the difference!

 **Prep**
30 min

 **level 1**



Shrimp



Brioche Buns



Mayonnaise



White Wine Vinegar



Dijon Mustard



Dill



Radish



Shallot



Spring Mix



2% Greek Yogurt

Ingredients

		2 People	4 People
Shrimp	1)	1 pkg (285 g)	2 pkg (570 g)
Brioche Buns	2) 3)	2	4
Mayonnaise	2)	1 pkg (2 tbsp)	2 pkg (4 tbsp)
White Wine Vinegar	4)	½ bottle (1 tbsp)	1 bottle (2 tbsp)
2% Greek Yogurt	5)	½ pkg (3 tbsp)	1 pkg (½ cup)
Dijon Mustard	4) 6)	1 pkg (1½ tsp)	2 pkg (3 tsp)
Dill		1 pkg (7 g)	2 pkg (14 g)
Radish		4	8
Shallot		1	2
Spring Mix		1 pkg (56 g)	2 pkg (113 g)

*Not Included

Allergens

- 1) Shellfish/Fruits de mer
- 2) Egg/Oeuf
- 3) Wheat/Blé
- 4) Sulphites/Sulfites
- 5) Milk/Lait
- 6) Mustard/Moutarde

Tools

Medium Pot, Strainer, Baking Sheet, Large Bowl

Nutrition per person Calories: 473 cal | Fat: 18 g | Protein: 37 g | Carbs: 38 g | Fiber: 2 g | Sodium: 744 mg

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



1 Preheat the oven to 400°F. (To toast the rolls. If you don't want to toast the rolls, skip this step!)

2 Prep: Wash and dry all produce. Bring a medium pot of **water** to a boil. Thinly slice the **radish**. Finely chop the **shallot**. Finely chop **3 tbsp dill** (double for 4 people.)

3 Cook the shrimp: Add the **shrimp** to the boiling water, then reduce the heat to low. Cook until shrimp just turns coral, 2-3 min. Drain and rinse under cold water. Set aside.

4 Make the dressing: In a large bowl, stir the **mayo** with **yogurt**, **vinegar** (**DO:** measure out for both!), **mustard**, **dill**, **radish** and as much **shallot** as you like.

5 Toast the rolls: Halve the **brioche rolls** and place them on a baking sheet. Bake in the centre of the oven until golden and toasted, 3-4 min.

6 Coarsely chop the shrimp. Stir into the dressing along with **spring mix**. Season with **salt** and **pepper**.

7 Finish and serve: Top each bottom bun with **shrimp salad**. Serve any extra salad on the side. Enjoy!

DID YOU KNOW? Compared to regular yogurt, Greek yogurt has double the amount of protein. It is also rich in probiotics - bacteria that your body needs, which contribute to healthy gut flora. Yum!

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