



### In your box

- 3 oz. Blue Cheese Dressing
- .6 oz. Butter
- 1 Romaine Heart
- 1 oz. Crumbled Bacon
- 2 Roma Tomatoes
- 2 Tbsp. Cornstarch
- 🔪 .88 oz. Zesty Buffalo Sauce

### Customize It Options

- 8 oz. Shrimp
- 12 oz. Wild Caught Mahi-Mahi Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, soy

### You will need

- Olive Oil, Pepper
- Medium Non-Stick Pan,
- 2 Mixing Bowls, Microwave-Safe Bowl

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



## Crispy Buffalo Shrimp Salad

with bacon and blue cheese

NUTRITION per serving—Calories: 607, Carbohydrates: 17g, Sugar: 5g, Fiber: 3g, Protein: 25g, Sodium: 1733mg, Fat: 51g, Saturated Fat: 12g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**30-40 min.**

Cook Within

**3 days**

Difficulty Level

**Intermediate**

Spice Level

**Medium**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



### 1. Prepare the Ingredients

- Core **tomatoes** and cut into ½" dice.
- Hold **romaine heart** at root end and coarsely chop.
- Pat **shrimp** dry. Place shrimp and **cornstarch** in a mixing bowl and toss or gently stir until shrimp is completely coated.



### 2. Cook the Shrimp

- Line a plate with a paper towel.
- Place a medium non-stick pan over medium-high heat. Add 2 Tbsp. **olive oil** and let heat, 5 minutes.
- After 5 minutes, test oil temperature by adding a pinch of **cornstarch** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches if necessary, add **shrimp** to hot oil and cook until golden brown and shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Transfer shrimp to towel-lined plate.

### Customize It Instructions

- If using **whole chicken breasts**, pat chicken breasts dry and cut into 1" dice. Season all over with a pinch of **salt** and **pepper**. Follow same instructions as shrimp in Step 2, stirring occasionally until golden brown and chicken reaches a minimum internal temperature, 5-7 minutes.
- If using **mahi-mahi**, pat dry and cut into 2" pieces. Follow same instructions as shrimp in Step 2, cooking until golden brown and mahi-mahi reaches minimum internal temperature, 5-7 minutes.



### 3. Make the Buffalo-Butter Sauce

- Place **butter** in a microwave-safe bowl and microwave until melted, 20-30 seconds.
- Taste **Buffalo sauce** before adding; if spice-averse, add less. While stirring, pour **Buffalo sauce** (to taste) into bowl with butter until completely combined and a smooth sauce forms.
- Add **shrimp** to Buffalo-butter sauce and toss or stir gently until coated.



### 4. Make the Salad

- Line a plate with a paper towel. Spread **bacon** on plate and microwave until crisp, 1-2 minutes
- In another mixing bowl, combine **lettuce**, **tomatoes**, bacon bits, and **dressing** (to taste).



### 5. Finish the Dish

- Plate dish as pictured on front of card, placing **shrimp** on **salad** and garnishing shrimp with extra **Buffalo-butter sauce**, if desired. Bon appétit!