

# MARLEY SPOON



## Buffalo Shrimp Bowl

with Crunchy Salad & Creamy Ranch

 20-30min  2 Servings

We've cracked the code to enjoying all that Buffalo wing flavor in a simple, refreshing dinner that comes together in less than 30 minutes. We're tossing shrimp in a spicy sauce that gets offset with a cooling and crunchy salad, inspired by a side of carrot sticks and creamy dressing. The added bonus is you won't need ten napkins to stay clean!

## What we send

- garlic
- 1 plum tomato
- 1 bag carrots
- 1 romaine heart
- 2 scallions
- 10 oz pkg shrimp <sup>3</sup>
- 1 oz Buffalo sauce
- 1 pkt ranch dressing <sup>1,2</sup>

## What you need

- olive oil
- white wine vinegar (or apple cider vinegar) <sup>4</sup>
- sugar
- kosher salt & ground pepper
- butter <sup>2</sup>

## Tools

- vegetable peeler
- medium skillet

## Allergens

Egg (1), Milk (2), Shellfish (3), Sulphites (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 420kcal, Fat 31g, Carbs 14g, Protein 26g



### 1. Marinate tomatoes

Finely chop **½ teaspoon garlic**. Core **tomato**, then cut into ½-inch pieces. In a medium bowl, combine garlic, **1 teaspoon each of oil and vinegar**, and a **pinch of sugar**, whisking until sugar dissolves. Add tomatoes and toss to coat. Season to taste with **salt and pepper**. Set aside to marinate until ready to serve.



### 4. Cook shrimp

Heat **2 teaspoons oil** in a medium skillet over high. Add **shrimp** and cook until just curled and pink, 2-3 minutes. Remove skillet from heat.



### 2. Prep vegetables for salad

Peel and trim **carrot**. Use a vegetable peeler to peel carrot into long ribbons. Halve **romaine** lengthwise, then cut crosswise into 1-inch pieces, discarding stem end. Trim **scallions**, then thinly slice.



### 5. Toss in Buffalo sauce

Add **half of the Buffalo sauce** (or more depending on heat preference) and **reserved butter pieces** to skillet with **shrimp**. Toss to coat shrimp in sauce until **butter** is melted. Season to taste with **salt and pepper**.



### 3. Season shrimp

Pat **shrimp** dry, then season all over with **salt and pepper**. Cut **2 tablespoons butter** into small pieces; reserve for step 5.



### 6. Make salad & serve

In a medium bowl, stir to combine **ranch dressing** and **1 teaspoon each of vinegar and oil**. Add **romaine, carrots, and scallions**, tossing to coat in dressing. Season salad to taste with **salt and pepper**. Serve salad topped with **shrimp and Buffalo sauce** and the **marinated tomatoes and their juices**. Enjoy!