



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 (use 1 large clove)
- 4 oz tomato
- 1 carrot
- 1 romaine heart
- 1 oz scallions
- 10 oz pkg wild US Gulf shrimp ²
- 1 oz Buffalo sauce
- 1 pkt ranch dressing ^{3,6,7}

What you need

- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- kosher salt & ground pepper
- butter ⁷

Tools

- vegetable peeler
- medium skillet

Allergens

Shellfish (2), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 360kcal, Fat 23g, Carbs 18g, Proteins 23g



1. Marinate tomatoes

Peel and 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!