

Caribbean Shrimp

We're hooked on tropical flavors this time of year. And this recipe is one of our favorites. We're searing shrimp, then serving it with pineapple salsa and coconut rice. Topped with a mango coulis, it's a delicious dinner you'll love.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Seasoned Coconut Milk
Shrimp
Pineapple Salsa
Mango Coulis

Make The Meal Your Own

This dinner is delicious chilled. Cook everything in advance, then toss and serve for a hassle free dinner at home or picnic in the park.

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Good To Know

Health snapshot per serving – 345 Calories, 7g Fat, 26g Protein, 45g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Rice, Coconut Milk, Pineapple, Bell Peppers, Mango, Celery, Lime Juice, Cilantro, Green Onion, Garlic, Spices

meezmeals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium, cover and simmer for 15 minutes. Drain and return to the saucepan. Stir in **Seasoned Coconut Milk** and cook over low heat, stirring gently, until creamy, about 3 minutes.

3. Cook the Shrimp

While the rice is cooking, place ½ cup of flour in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat.

Dry and place all **Shrimp** into the zip-lock bag with the flour and shake until the **Shrimp** are coated.

Place each coated **Shrimp** carefully into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate and lightly season with salt and pepper.

4. Put It All Together

Serve rice topped with **Shrimp** and **Pineapple Salsa**. Drizzle with half the **Mango Coulis**, taste, and add more coulis as desired.

Love this recipe? #meezmagic

Use enough water to make sure the rice will be completely covered.

Drain the rice when it still has a little bite to it.

Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *