

Moo Shu Tacos with Chicken and Shrimp

One of China's most beloved recipes served up Meez style. We're cooking chicken and shrimp in sweet, flavorful hoisin sauce, then tossing them with stir-fried Brussels, cabbage, carrots, kale and mushrooms. We're putting it all inside a flour tortilla for a filling dinner that's out of this world.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
2 Mixing Bowls

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Hoisin Sauce
Chicken Breast
Shrimp
Veggies
Shitake Mushrooms
Tortillas

Make The Meal Your Own

Watching your carbs? This dinner would be just as delicious without the tortilla.

Good To Know

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 795 Calories, 73g Protein, 9g Fiber, 15g Fat, 13 Freestyle Points

Lighten Up snapshot per serving – 640 Calories, 12g Fat, 10 Freestyle Points by using half the tortillas and half the egg.

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

INGREDIENTS: Chicken Breast, Shrimp, Shitake Mushrooms, Flour Tortilla, Brussels Sprouts, Red Cabbage, Carrots, Kale, Green Onions, Hoisin, Rice Wine Vinegar, Tamari, Sesame Oil, Garlic, Ginger, Sesame Seeds

meez meals

1. Getting Organized

Preheat your oven to 350.

2. Prep the Chicken and Shrimp

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut the chicken breast the long way into two halves and then into short strips, about 1/4" wide. Cut each **Shrimp** piece in half. Put the cut chicken and shrimp into bowl and mix with two-thirds of the **Hoisin Sauce** until the chicken and shrimp are completely covered. Marinate for 5 minutes.

3. Cook the Eggs

While the chicken and shrimp are marinating, heat 1 Tbsp olive oil in a large skillet over medium heat. Mix 2 eggs in a bowl and add to the skillet, cooking until the egg has set-stirring to get bite-sized pieces. Remove from skillet, place in a large mixing bowl & set aside.

4. Cook the Chicken and Shrimp

Wipe out the pan and heat 1 Tbsp olive oil over high heat. When oil is very hot use a fork to place the chicken and shrimp--but not the marinade itself--into the pan and discard the marinade. Cook until chicken starts to brown, 2 to 3 minutes. Remove the chicken and shrimp from the skillet and place into the bowl with the cooked eggs.

5. Cook the Veggies and Combine

Using the same skillet (without wiping it out) heat 1 Tbsp olive oil over high heat. Add the **Veggies** and **Shitake Mushrooms** and cook until the cabbage starts to wilt, about 5 to 6 minutes. Lower the heat to medium and add the chicken, shrimp, scrambled eggs, and the remaining Hoisin Sauce. Cook until everything is warm, about 2 additional minutes.

6. Put It All Together

While the veggies are cooking, place the **Tortillas** on a baking sheet and heat until they are warm, about 2 minutes. Fill the warm tortillas with the Moo Shu chicken, shrimp, and veggies and fold it like a taco. Enjoy!

*Save the
remaining
Hoisin Sauce
for step 5.*

*The trick to
perfect
scrambled eggs
is to use a
medium heat.
Too high and
they will burn*

Instructions for two servings.

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