

Chinese Hot Mustard Shrimp with Noodle Salad

A great noodle salad is all about the sauce, and this one is a standout. Basil, mint and lime add just the right combination for a fresh flavor that's out-of-this-world good. Paired with spicy Chinese mustard shrimp, it's a speedy Summer dinner we just love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/4 cup)

5 MEEZ CONTAINERS

Glass Noodles
Chinese Noodle Sauce
Veggies
Shrimp
Hot Mustard Sauce

Good to Know

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

If you ordered the **Carb Conscious** version, we sent you zucchini "noodles" instead of Glass Noodles, reducing the **carbs per serving to 33g**. Skip boiling the water in step 1 and prior to Step 2, heat 1 Tbsp olive oil in the large skillet over high heat. When the oil is hot, add the zucchini "noodles" with a sprinkle of salt and pepper and cook until slightly charred, about 2 to 3 minutes Use the cooked zucchini "noodles" in place of the Glass Noodles.

Health snapshot per serving – 440 Calories, 33g Protein, 8g Fat, 59 Carbs, 10 Freestyle Points

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

INGREDIENTS: Shrimp, Glass Noodles, Cucumber, Red Onion, Tamari, Rice Wine Vinegar, Green Onion, Carrot, White Vinegar, Mustard, Sambal, Lime, Sesame Oil, Sugar, Cilantro, Garlic, Ginger, Basil, Mint.

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1. Get Organized

Bring a saucepan of water to boil.

2. Cook the Noodles

Place the **Glass Noodles** in a mixing bowl large enough for them to lie flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely covered. Let the noodles soak for 2 to 3 minutes until they are soft. Drain the noodles in a colander and run under warm water for about a minute.

Cut the noodles with a knife or kitchen scissors, about 3 times through in both directions, to get them to about 3" inch pieces. Once drained, transfer the noodles to a large mixing bowl and add the **Chinese Noodle Sauce** (the thinner brown sauce) and the **Veggies**. Stir well, then cover and set aside until step 4.

3. Marinate the Shrimp

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Add ¼ cup of flour to a shallow bowl or plate and place the shrimp into the flour. Use your hands to make sure each shrimp is coated.

Heat 1 Tbsp of olive oil in a large skillet over medium high heat. When the oil is hot, add the coated shrimp and cook until the coating is brown and the shrimp turn pink, about 1 to 2 minutes. Flip and do the same on the other side. Turn off the heat, add the **Hot Mustard Sauce** (the thicker orange sauce) to the skillet and stir until the shrimp are well coated.

4. Put it All Together

Serve the hot mustard shrimp over the noodle salad and enjoy!

You'll just need to boil enough water to completely submerge the glass noodles in a mixing bowl.

Cutting the noodles makes it easier to eat the salad but you can skip this step if you prefer longer noodles.

Instructions for two servings.

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