

Shrimp Bruschetta Dinner

We adore bruschetta. We and are putting it center of the plate with sauteed shrimp as an entrée-sized masterpiece, With wilted spinach and arugula, garlic butter zucchini and tomatoes, and a finishing drizzle of balsamic glaze, it tastes like Italy on a plate.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Zucchini, Tomato & Onion
Garlic Parmesan Butter
Rustic Panini Bread
Shrimp
Spinach & Arugula
Balsamic Glaze

Good to Know

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

Health Snapshot per serving – 650 Calories, 21g Protein, 30g Fat, 78g Carbs, 24 Freestyle points.

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

INGREDIENTS: Shrimp, Rustic Panini Bread, Spinach, Arugula, Tomatoes, Butter, Zucchini, Red Onion, Parmesan, Balsamic Vinegar, Brown Sugar, Chive, Basil, Garlic

meezmeals

1. Prepare the Bruschetta Veggies

Put the **Zucchini, Tomato & Onion** into a mixing bowl and drizzle with 1 Tbsp olive oil and a sprinkle of salt and pepper. Set aside until Step 5.

2. Grill the Bread

Melt one third of the **Garlic Parmesan Butter** in a large skillet over medium heat. Add the **Rustic Panini Bread** and grill until golden brown, about 1 to 2 minutes on each side. Transfer to a plate and set aside until step 5. Do not wipe out the skillet.

3. Cook the Shrimp

Pat dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the pan and set aside. Do not wipe out the skillet.

4. Cook the Greens

Return the now-empty skillet to the stove over medium heat. Add the remaining garlic parmesan butter. When it has melted, add the **Spinach & Arugula** and cook until the spinach is wilted, about 1 to 2 minutes. Remove from the heat.

5. Put It All Together

Layer the wilted greens on top of each slice of grilled bread from edge-to-edge and drizzle with any remaining butter from the skillet. Top with the bruschetta veggies and cooked shrimp and drizzle with the **Balsamic Glaze**.

Enjoy!

If you work in batches to grill the bread, be sure to use just 1/3 of the garlic parmesan butter for this step. You'll need the remaining two-thirds in Step 4.

Instructions for two servings.

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