

Cajun Shrimp

Classic and delicious. Seared spiced shrimp served on a bed of roasted kale, fennel and leeks. Toasty cornbread cubes bring it all together. Down home cooking and under 500 calories. That's the magic of Meez.

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Skillet
- 2 (or 3) Baking Sheets

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cornbread
- Fennel & Leeks
- Kale
- Shrimp
- Cajun Seasoning

Make it Your Own

Try crumbling the toasted cornbread and stirring it all into the dish. You'll get the sweetness and the spicy Cajun seasoning with each bite.

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 – 415 Calories, 32g Protein, 8g Fat, 11 Smart Points

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

INGREDIENTS: Shrimp, Kale, Onion, Fennel, Leek, Cornbread, Cajun Spices, Brown Sugar.

meez meals

1. Getting Organized

Preheat oven to 425.

2. Roast Veggies and Toast Cornbread

Cut the **Cornbread** into one-inch cubes and arrange on a baking sheet. On a second (or second and third) baking sheet, arrange the **Fennel & Leeks** and **Kale** and drizzle with olive oil, salt and pepper and toss. Place both baking sheets in the oven.

Cook the cornbread until it starts to brown, about 8 to 10 minutes. Remove from the oven and set aside. Stir the veggies at the same time and continue cooking until the kale becomes bright green and soft, another 5 to 6 minutes (if the kale is getting crispy, remove it and the fennel & leeks from the oven). When veggies are done, remove from oven and set aside.

3. Cook the Shrimp

While the cornbread and veggies are cooking, heat 1½ Tbsp olive oil in a skillet.

Place the **Shrimp** on a plate and dry with a paper towel. Sprinkle the **Cajun Seasoning** on one side only of the shrimp. When the oil is hot, cook shrimp for 1 minute on each side until they are opaque and no longer grey in color.

4. Put It All Together

Place the cornbread on serving plates, topped with the vegetables and shrimp. Enjoy!

We are only coating one side of the shrimp because with both sides, the dish becomes too spicy.

Instructions for two servings.

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