

Buffalo Shrimp Tacos

We love the spicy tang of a great buffalo sauce, and we're putting it front and center in this week's tacos. With crispy breaded shrimp, salty pickled veggies, and a generous slather of chive crema on a warm flour tortilla, it might be your new favorite taco.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Sweet Potatoes
Flour Tortillas
Shrimp
Buffalo Sauce
Chive Crema
Pickled Veggies

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 – 820 Calories, 30g Fat, 47g Protein, 92g Carbs, 18 Freestyle Points.

Lightened up health snapshot per serving – 630 Calories, 21g Fat, 70g Carbs, 12 Freestyle Points, by using half of the tortillas and two-thirds of the crema.

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

INGREDIENTS: Shrimp, Sweet Potatoes, Flour Tortillas, Zucchini, Broccoli, Sour Cream, Hot Sauce, White Cheddar, Apple Cider Vinegar, Mayonnaise, Red Onion, Carrots, Cream, Brown Sugar, Chives, Garlic, Dill, Kosher Salt, Sugar, Black Pepper

meez *meals*

1. Cook the Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Sweet Potatoes** with a sprinkle of salt and pepper. Sauté, stirring frequently, until they are fork tender and slightly crispy, about 8 to 10 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

Stirring the sweet potatoes frequently will keep them from burning.

2. Warm the Tortillas

Warm the **Flour Tortillas** in the now-empty skillet over medium heat, about 30 seconds per side and working in batches, as necessary. Remove from the skillet and set aside until step 4. Do not wipe out the skillet.

3. Cook the Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp** and lightly sprinkle with salt and pepper. Working in batches of around seven at a time, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides. Place the breaded shrimp on a plate and repeat until all are coated.

It's important to bread all the shrimp first so they can all cook for the same amount of time

Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the shrimp until the breading turns golden brown, about 1 to 2 minutes on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

Add the orange **Buffalo Sauce** to the now-empty skillet and warm over medium heat until it just starts to thicken, about 1 minute. Turn off the heat and very gently stir in the cooked, breaded shrimp.

4. Put It All Together

Place the cooked sweet potatoes in the center of the tortillas and spoon all the **Chive Crema** evenly on top and then add the coated shrimp. Drain the **Pickled Veggies** and place on top of the shrimp. Enjoy!

Instructions for two servings.

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