

## Sweet and Spicy Shrimp

This speedy Chinese stir fry is all about the sauce. With almonds, chili peppers, agave and tamari, it's complex, addictive, and perfect with shrimp, green beans and udon noodles. Get ready for a new favorite.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Large Skillet

#### FROM YOUR PANTRY

Olive Oil

#### 5 MEEZ CONTAINERS

Green Beans  
Udon Noodles  
Spicy Sweet Asian Sauce  
Shrimp  
Water Chestnuts

### Good to Know

**If you're making the gluten-free version**, we've sent you rice noodles instead. Cook until tender, about 5 minutes, drain and then rinse under cold water.

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

**Health snapshot per serving** – 495 Calories, 14g Fat, 36g Protein, 1,043mg Sodium, 11g Fiber, 13 Smart Points

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

INGREDIENTS: Green Beans, Udon Noodles, Shrimp, Water Chestnuts, Tamari, Almonds, Red Onion, Agave Nectar, Rice Wine Vinegar, Crushed Red Pepper, Garlic

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### 1. Get Organized

Put a large pot of water on to boil.

### 2. Cook the Udon

Add the **Udon Noodles** to boiling water and cook over medium-high heat until tender, about 10 to 12 minutes. Drain and set aside.

### 3. Cooking the Veggies and Shrimp

While the udon is cooking, heat 1 Tbsp olive oil in a large skillet over high heat.

Sauté the **Green Beans** for 2-3 minutes. Add the Shrimp and lower the heat to medium. Cook for 3 minutes, stirring frequently. Add  $\frac{3}{4}$  of the **Spicy Sweet Asian Sauce**, cook for one minute and then add the **Water Chestnuts** and cook an additional 2 minutes, continuing to stir until everything is heated through.

*Be sure to mix the ingredients enough so that the shrimp have some time in direct contact with the skillet.*

### 4. Put It All Together

Toss the veggies and shrimp with the udon and the remaining sauce.

*Add a tablespoon or two of water if you'd like the sauce a little thinner.*

***Love this recipe? #meezmagic***

Instructions for two servings.

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