

# 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**