Creamy Shrimp Bisque

Our spin on a lobster bisque. We cook ours with orzo and jasmine rice for added texture and serve topped with a ratatouille of French vegetables. With grilled French bread on the side, it's upscale comfort food that we love.

45 Minutes to the Table

45 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT
- Medium Saucepan
- Large Saucepan with Cover
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Butter (1½ Tbsp)
- Flour (1 ½ Tbsp)

6 MEEZ CONTAINERS
- Orzo & Jasmine Rice
- Mirepoix
- Bisque Starter
- Shrimp
- French Bread
- Ratatouille

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- 890 Calories, 43g Protein, 42g Fat, 86g Carbs, 28 Freestyle points

Lightened-up health snapshot per serving- 630 Calories, 40g Fat, 39g Carbs, by skipping the bread.

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

SCAN QR CODE to view YouTube cooking video

INGREDIENTS: Shrimp, Tomatoes, Yellow Onion, Celery, Zucchini, Tomato, Yellow Pepper, Carrot, Red Onion, Orzo, Jasmine Rice, Roll, Cream, Garlic, Vegetable Stock, Basil, Old Bay, Thyme

meez meals

1. **Cook the Orzo & Jasmine Rice**
   Set a medium saucepan of water to boil. Add the ***Orzo & Jasmine Rice*** to the boiling water and cook until tender, about 15 minutes. Drain well and set aside.

2. **Create the Bisque**
   While the orzo & rice are cooking, heat 1 Tbsp olive oil in a large saucepan over medium high heat. When the oil is hot, add the ***Mirepoix*** (look for carrots, onions, and celery) and cook until the veggies start to brown, about 5 to 7 minutes. Add 1½ Tbsp of butter and once melted add in 1½ Tbsp of flour and stir well. Cook until the flour starts to brown, about 2 to 3 minutes.

   Add the ***Bisque Starter*** (the bag with liquid) and 2 cups of water. Stir the mixture, making sure to scrape the tasty bits off the bottom. Bring to a boil, then reduce the heat to medium low, cover and simmer for 20 minutes. Remove the cover and simmer for an additional 10 minutes until he soup thickens . Remove from the heat and stir in the cooked orzo & rice. Let rest for 5 minutes.

3. **Cook The Shrimp**
   Once the bisque is simmering, dry and lightly salt & pepper the ***Shrimp***. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove from the heat and transfer to a cutting board. Cut each shrimp piece into thirds and transfer directly to serving bowls. Do not wipe out the skillet.

4. **Grill the Bread**
   Cut the ***French Bread*** in half lengthwise and drizzle with olive oil, salt and pepper. Heat the now-empty skillet over medium high heat. Add the sliced French bread halves, cut-side-down and cook until they turn golden brown, about 1 to 2 minutes. Set the grilled bread aside. Wipe out the skillet.

5. **Cook the Ratatouille**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the ***Ratatouille*** (look for tomatoes & yellow peppers) and cook until charred slightly, about 2 to 3 minutes.

6. **Put It All Together**
   Serve the bisque over the shrimp & top with the ratatouille. Enjoy alongside the grilled bread!

Use enough water to submerge the orzo and rice by one inch.

Instructions for two servings.

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