

New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, cottage fries and pickled veggies, and you've got something special.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT
Skillet

FROM YOUR PANTRY
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS
Shrimp
Roll
Lemony Mayo
Fingerling Potatoes
Pickled Veggies
Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

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 – 615 Calories, 36g Protein, 16g Fat, 16 Smart Points

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

INGREDIENTS: Roll, Shrimp, Fingerling Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez *meals*

1. Cook the Cottage Fries

Preheat your oven to 425

Slice the **Fingerling Potatoes** into small, thin rounds between 1/8" and 1/4" per round.

Place rounds in a large bowl and toss with just a drizzle of olive oil, salt and pepper. Spread evenly on a baking sheet and cook for 10 minutes and turn baking sheet. Cook until golden brown, 5 to 6 additional minutes.

2. Cook the Shrimp

While the potatoes are cooking, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and cottage fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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