

Red Pepper Shrimp with Feta and Orzo

Roasted red peppers make for a creamy-without-the-cream sauce that makes a healthy dinner feel indulgent. With sautéed shrimp, flavorful feta, olives and orzo pasta, it's a 15-minute dinner you'll love.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp per svg.)

6 MEEZ CONTAINERS

Orzo
Red Bell Peppers
Roasted Red Pepper
Sauce
Shrimp
Olives, Capers & Red
Onions
Feta & Herbs

Good to Know

If you ordered the **carb conscious version**, we sent you zucchini instead of orzo, reducing the **carbs per serving to 19g**. Before step 2, add the zucchini rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and place directly on your serving dishes.

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

Health snapshot per serving – 440 Calories, 38g Protein, 15g Fat, 41g Carbs, 9 Freestyle Points

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

INGREDIENTS: Shrimp, Red Bell Pepper, Roasted Red Pepper, Orzo, Feta, Red Onion, Black Olives, Lemon Juice, Kalamata Olives, Capers, Garlic, Parsley, Lemon Pepper, Oregano

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1. **Get Organized**

Bring a saucepan of water to a boil.

2. **Cook the Pasta**

Add the **Orzo** to the boiling water and cook until al dente, about 10 to 12 minutes. Drain and transfer to serving bowls.

3. **Sear the Red Bell Peppers**

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Red Bell Peppers** and cook until they start to char, about 3 to 4 minutes. Add the **Roasted Red Pepper Sauce** and heat until bubbling, about one minute. Pour the contents of the skillet directly over the orzo in the serving bowls. Wipe out the skillet.

4. **Cook the Shrimp and Veggies**

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the shrimp and cook until they are opaque and no longer grey in color, about a minute on each side. Remove from the skillet and transfer to a cutting board. Cut each shrimp in half. Wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Olives, Capers & Red Onions** and cook until the capers start to pop and are toasted, about 3 minutes. Add 1 Tbsp of butter and stir until it melts, then turn off the heat. Add the halved shrimp to the skillet and stir well.

5. **Put It All Together**

Serve the shrimp and veggies on top of the orzo and red peppers, and sprinkle with the **Feta & Herbs**. Enjoy!

Instructions for two servings.

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