

Peruvian Shrimp Causa

New to causas? Think mashed potatoes with a South American flair. We're making ours with Ancho Chili shrimp and citrus-marinated vegetables for a flavor-packed dinner that's easy enough for any night of the week.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Saucepan & Lid
- Large Skillet
- Large Mixing Bowl
- Small Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Potatoes
- Poblanos & Onions
- Shrimp
- Ancho Chili Mayo
- Cucumber, Tomatoes & Peppers
- Citrus Marinade

Good to Know

If you ordered the **carb conscious version** we sent you yellow squash instead of the potatoes reducing the **carbs per serving to 29g**. Skip step 1. Prior to step 2. Heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, sauté the yellow squash until it starts to char and becomes soft enough to mash, about 4 to 5 minutes. Place in a mixing bowl and mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes. Continue with step 2. starting with sauteing the Poblanos & Onions. Use the squash in place of the potatoes at the end of step 2.

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

Health Snapshot per serving- 510 Calories, 31g Protein, 26g Fat, 43g Carbs, 12 Freestyle points

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

INGREDIENTS: Shrimp, Potatoes, Red Onions, Poblano Peppers, Mayonnaise, Persian Cucumbers, Yellow Peppers, Tomatoes, Lime, Ancho Chili, Maple Syrup, Cilantro, Ginger, Jalapeño.

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1. Get Organized

Bring approximately 5 cups of water to a boil in a large saucepan over high heat.

2. Make the Mashed Potatoes

Add the **Potatoes** to the boiling water. Reduce the heat to medium high, cover, and cook at a low boil until potatoes are fork tender, about 10 to 12 minutes. Remove from the heat, drain the potatoes and place back into saucepan. Mash with a large spoon or potato masher until they are the consistency of lumpy mashed potatoes.

While the potatoes are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Poblanos & Onions** with a sprinkle of salt and pepper. Sauté until the onions start to char, about 4 to 5 minutes. Turn off the heat and set aside until the potatoes are mashed. Once the potatoes are mashed, add the cooked poblanos & onions. Mix and set aside, covered, until Step 4.

3. Cook the Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Pat dry and lightly salt & pepper the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp and transfer to a cutting board. Cut the shrimp in half and mix with the **Ancho Chili Mayo** in a small bowl.

4. Make the Citrus Marinated Vegetables

Combine the **Cucumbers, Tomatoes & Peppers** and the **Citrus Marinade** in a large mixing bowl.

5. Put It All Together

In a large mixing bowl, combine the **Cucumbers, Tomatoes & Peppers** and the **Citrus Marinade**. Serve the ancho chili shrimp over the mashed potatoes and top with the citrus marinated veggies. Enjoy!

Instructions for two servings.

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