

Shrimp and Mushroom Pot Stickers

We created an incredible mushroom and shrimp filling and paired these delicious dumplings with our signature Basil Peanut Sauce. It's a Meez spin on the classic appetizer that you won't believe.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet with a cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Shrimp
Pot Sticker Wrappers
Mushroom Filling
Basil Peanut Sauce

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 (serves 2 as an appetizer)

360 Calories, 12g Fat, 21g Protein
9 Freestyle Points

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

INGREDIENTS: Shrimp, Mushrooms, Pot Sticker Wrappers, Bok Choy, Green Onion, Peanuts, Coconut Milk, Rice Wine Vinegar, Ginger, Garlic, Tamari, Basil, Cayenne Pepper, Sesame Oil, Lemongrass, Brown Sugar.

1. **Prepare the Filling**

Dry the **Shrimp**, lightly salt and pepper, and cut into thirds. Separate the **Pot Sticker Wrappers** and arrange half of the wrappers on a flat surface. Fill the center of each wrapper with 1½ Tbsp of filling and about four pieces of cut shrimp.

Dip your finger into water and moisten the outside edges of the wrappers. Place a second wrapper on top, encasing the filling. Firmly pinch the edges of the two wrappers together to seal them and then firmly crimp the edges with a fork.

2. **Cook the Pot Stickers**

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the pot stickers and cook until they are golden brown on one side, about 2 minutes. Flip and cook until the other side starts to brown, about 2 more minutes.

Carefully add ¼ cup of water, cover and steam for 2 minutes.

Remove the cover and continue cooking until the water has evaporated (or if the pot sticker looks like it is starting to burn), up to 2 additional minutes.

3. **Serve**

Dip the pot stickers in the **Basil Peanut Sauce** or drizzle the sauce on top and eat with a fork and knife. Enjoy!

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