

Shrimp 'n' Chips, 'n' Chips, 'n' Chips

We had a blast with this recipe! Our riff on the classic English fish 'n' chips swaps crispy panko-crusted shrimp in for the traditional fried cod and gives you chips three ways: fingerling steak fries, sweet potato cottage fries, and crispy green bean fries. It's as delicious as it is fun.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowls
- 2 Baking Sheets

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)
- Flour (¼ cup)

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Green Beans
- Sweet Potatoes
- Seasoned Panko
- Shrimp
- Cocktail Tartar 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- 660 Calories, 41g Protein, 14g Fat, 91g Carbs, and 16 Freestyle Points.

INGREDIENTS: Shrimp, Fingerling Potatoes, Sweet Potatoes, Green Beans, Panko Breading, Ketchup, Tomato Sauce, Mayonnaise, Relish, Lemon, Worcestershire Sauce, Horseradish, Paprika, Garlic, White Pepper.

meez*meals*

1. Get Started

Preheat the oven to 425.

2. Cook the Fingerling Steak Fries

Slice the **Fingerling Potatoes** lengthwise into quarters so they are roughly the shape of steak fries. Transfer to a baking sheet and toss with olive oil, salt and pepper, then arrange in a single layer. Bake until they are golden brown, about 25 minutes.

3. Cook the Sweet Potato Cottage Fries and Green Bean Fries

While the fingerlings are baking, place the **Green Beans** on a second baking sheet, toss with olive oil, salt and pepper and arrange in a single layer on one half of the baking sheet.

Place the sliced **Sweet Potatoes** in a mixing bowl with 1½ Tbsp olive oil and one-third of the **Seasoned Panko**. Mix until the potatoes are coated and transfer the entire contents of the bowl to the other half of the second baking sheet in a single layer next to the green beans.

Bake until the green beans are hot and the sweet potatoes are fork tender, about 15 minutes.

4. Cook the Shrimp

While the sweet potatoes and green beans are baking, whisk 2 eggs in a small bowl. Spread the remaining Seasoned Panko on one plate and ¼ cup of flour on a second plate. Pat dry the **Shrimp** and then dip each one into the flour, then the egg, and then the panko (push into the coating and press more down on top to coat the shrimp with as much panko as possible). Repeat until all shrimp are coated.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the coated shrimp in a single layer. Cook undisturbed, until the crust turns golden brown, about 2 minutes. Flip and cook for an additional minute.

5. Put It All Together

Serve shrimp alongside the fingerling steak fries, sweet potato cottage fries, and green bean fries. Use the **Cocktail Tartar Sauce** for dipping. Enjoy!

We send the fingerlings whole to maintain their freshness.

Wait to cook the shrimp until they have all been coated. If you need to work in batches to get them in a single layer, go ahead and do that.

Instructions for two servings.

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