

# Mexican Shrimp with Orzo and Zucchini

We're serving sautéed shrimp with our favorite smoky adobo and tomato sauce with tender zucchini, black beans and just the right blend of Mexican spices over orzo. It's fresh Mexican pasta dish you'll want to cook again and again.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Shrimp

Onions & Garlic

Orzo

Tomatoes & Beans

Zucchini

Queso Fresco & Cilantro

## Good to Know

If you're cooking the **carb conscious version**, we sent you veggie rice instead of orzo, reducing the **carbs per serving to 31g**. Before step 2, add the veggie rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and set aside. Next, follow step 2 instructions but after adding the Tomatoes & Beans, don't add the water. Check the dish after about 12 minutes to see if it is getting dry and add some water if necessary. At this point add back the cooked veggie rice.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions for the orzo but cook about three minutes longer before adding the zucchini in step 3.

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

**Health snapshot per serving** – 410 Calories, 37g Protein, 6g Fat, 54g Carbs, 6 Freestyle Points

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

INGREDIENTS: Zucchini, Shrimp, Orzo Pasta, Tomato, Red Onion, Queso Fresco, Black Beans, Garlic, Cilantro, Chipotles in Adobo, Chicken Stock, Lime, Coriander, Cumin.

*meez* meals

### 1. Cook the Shrimp

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the shrimp and cook for until they are opaque and no longer grey in color, about a minute on each side.

Transfer the shrimp to a cutting board but do not wipe out the pot. Once the shrimp have cooled enough to touch, cut each piece in half and set aside.

### 2. Cook the Veggies and Orzo

While the shrimp is cooling, return the saucepan to the stove over medium-high heat. When the pot is hot, add the **Onions & Garlic** and sauté for about 20 seconds, stirring constantly.

Add the **Orzo** and continue stirring until it is golden brown, and has a nutty aroma, about 2 minutes.

Stir-in the **Tomatoes & Beans** and 2 cups of water. Cook until the orzo is tender, about 16 to 18 minutes.

Add the **Zucchini** and cook until it is slightly soft, 2 to 3 minutes. Turn off the heat and stir-in the cooked shrimp.

### 3. Put It All Together

Serve in bowls topped with the **Queso Fresco & Cilantro**. Enjoy!

Instructions for two servings.

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