

Crispy Shrimp Bao Buns

We've taken the work out of China's classic bread-like dumpling. We're delivering fluffy bao buns, shrimp, tasty Asian slaw (and even spicy sriracha on the side) for a restaurant-worthy dinner that's on the table in just twenty minutes.

20 Minutes to the Table

20 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Large Skillets (one with a cover)
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

6 MEEZ CONTAINERS

- Asian Slaw
- Slaw Dressing
- Bao Buns
- Seasoned Cornstarch
- Shrimp
- Sriracha

Good to Know

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the **Sriracha sauce we included gives it a kick** that takes it to the next level!

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

Health snapshot per serving – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 13 Freestyle Points

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

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

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1. Getting Organized

Combine the **Asian Slaw** and the **Slaw Dressing** in a large mixing bowl and refrigerate until step 4.

2. Heat the Bao Buns

Use cooking spray or a brush to completely cover the inside of a large skillet (one that has a cover) with about 1 Tbsp of oil. Place on the stove over medium heat. When the oil is hot, add the **Bao Buns** and cook until the bottom is light brown, about 3 minutes. Flip and add ¼ cup water to the skillet. Cover and steam buns until fluffy and bottom starts to brown, about 5 to 7 minutes. Transfer Bao Buns directly to serving plates.

Spread the oil on the entire surface of the skillet so the bao buns don't stick to the bottom.

3. Cook the Shrimp

While the Bao Buns are steaming, whisk 2 eggs in a small bowl and place the **Seasoned Cornstarch** in a large zip-lock bag. Dry and place all **Shrimp** into the zip-lock bag with the cornstarch and shake until the shrimp are coated. Dip each Shrimp into the egg and place on a plate.

When all shrimp have been coated, heat 2 tablespoons of oil in a second large skillet over medium-high heat. When it's very hot, carefully place each shrimp into the hot oil. Cook for one minute on each side, then remove to a paper-towel-lined-plate.

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4. Put It All Together

Carefully open each steamed Bao Bun (forming a "taco" and maintaining the hinge at the bottom). Fill each bun with 3 shrimp, a generous helping of Asian Slaw, and a light drizzle of spicy **Sriracha** sauce. Enjoy!

Instructions for two servings.

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