

# Shrimp De Jonghe

Shrimp De Jonghe is a Chicago classic — tender shrimp, buttery bread crumbs and plenty of garlic. We're putting a healthy spin on our version by adding fresh cauliflower and serving seared asparagus on the side, making it just right for the 21st Century.

**40** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Butter (2 Tbsp per serving)

### 6 MEEZ CONTAINERS

Cauliflower  
Shrimp  
Lemon & Wine Sauce  
Garlic & Herbs  
Seasoned Bread Crumbs  
Asparagus

## Make it Your Own

Make this a restaurant-style dinner by cooking in single-serving ramekins rather than a family-style loaf pan.

## Good to Know

Shrimp de Jonghe was named for Henri de Jonghe's Monroe Street hotel and restaurant deJonghe's, where the dish was created in the late 19<sup>th</sup> century.

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

**Health snapshot per serving** – 485 Calories, 33g Protein, 25g Fat, 17 Smart Points

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

INGREDIENTS: Shrimp, Cauliflower, Asparagus, Breadcrumbs, Garlic, Wine, Lemon Paprika, Black Pepper, Parsley, Cayenne Pepper.

*meez* meals

### 1. Getting Started

Preheat oven to 400 degrees.

### 2. Roast The Cauliflower

Add the **Cauliflower** to a loaf pan and toss with a generous drizzle of olive oil. Bake for 15 to 20 minutes until the cauliflower begins to brown. Remove the cauliflower from the oven and set aside, still in the loaf pan.

Set your oven to broil (or 500, if you don't have a broil setting).

### 3. Create the De Jonghe

Dry and generously salt and pepper the **Shrimp**.

Add 4 Tbsp butter to a skillet over medium-high heat. Once the butter is melted, add the shrimp, **Lemon & Wine Sauce** and **Garlic & Herbs** to the pan. Sauté for 2 minutes.

Remove from heat and stir in the **Seasoned Bread Crumbs** until they are completely moistened by the sauce.

Add this mixture on top of the roasted cauliflower in the loaf pan but do not stir it. We want to keep the cauliflower on the bottom.

Place the loaf pan on the top rack of the oven and broil until the top is golden brown, about two minutes. (Every oven is different, so watch it closely the entire time so that it doesn't burn.)

Remove from oven and set aside.

### 4. Cook the Asparagus

In the now empty skillet, add 1 Tbsp olive oil over medium-high heat. When oil is hot, add the **Asparagus** and sauté until the asparagus is bright green and slightly charred, about 3 to 4 minutes.

### 5. Serve and Enjoy!

Use a large serving spoon to serve the Shrimp De Jonghe with the asparagus alongside. Enjoy!

*The shrimp will not be completely cooked after this step but will finish cooking in the oven.*

Instructions for two servings.

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