

Shrimp Pad Thai

We love Pad Thai, but we're often left wondering where all the vegetables are. Enter the Meez test kitchen. This dish has veggies galore plus the classic flavors of a traditional Pad Thai. Sautéed shrimp and crushed peanuts are the perfect finish.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan

FROM YOUR PANTRY

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

7 MEEZ CONTAINERS

- Shrimp
- Rice Noodles
- Peanuts
- Broccoli & Snow Peas
- Daikon & Green Onion
- Pad Thai Sauce
- Lime

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 710 Calories, 20g Fat, 45g Protein, 91g Carbs.

Lightened-Up Health snapshot per serving – 550 Calories, 8g Fat, 35g Protein, 86g Carbs without using the eggs and only using half the peanuts.

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

INGREDIENTS: Shrimp, Rice Noodles, Broccoli, Snow Peas, Peanuts, Daikon Radish, Green Onion, Garlic, Fish Sauce, Tamarind, Garlic, Sugar.

meez meals

1. Get Started

Set a pot of water to boil in a large saucepan.

2. Cook Rice Noodles

Add the **Rice Noodles** to the boiling water. As they cook, use a fork to separate the strands. Continue boiling until the noodles are almost soft, about 4 to 6 minutes. Transfer to a colander and rinse under cold water. Drain very well until step 5.

The noodles will soften further in step 5 so be sure not to overcook them.

3. Cook The Shrimp

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. Do not wipe out the skillet. When they are cool enough to touch, cut the shrimp into thirds and set aside until step 5.

4. Cook The Veggies and Eggs

Return the now-empty skillet to the stove over medium high heat. Add all of the **Broccoli & Snow Peas** (the produce bag that you can clearly see the snow peas inside) and half **Daikon & Green Onions**. Cook, undisturbed until the green onions start to char, about 2 minutes. Stir and then push all the veggies to one side of the skillet and crack 2 eggs into the other side. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. Put It All Together

Add the cooked rice noodles and **Pad Thai Sauce** to the skillet over medium high heat and gently stir everything together. Heat until the noodles are warm and most of the liquid has been absorbed, about 3 minutes. Place the **Peanuts** in a ziplock bag and crush using a mallet or small pot.

Turn off the heat and gently stir in the cooked shrimp.

Transfer to serving bowls and top with the remaining daikon & green onions and crushed peanuts. Squeeze the **Lime** on top and enjoy!

Instructions for two servings.

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