

# Shrimp Toast with Sesame-Miso Salad

We adore the crispy puffy triangles from our favorite Dim Sum, but it's hardly a meal. Enter the test the kitchen. When we used panko-crusting challah, subbed in seared sesame shrimp for the shrimp paste, and added in a miso salad, we had the delicious crunch and savory deliciousness of the inspiration, but tastier and easier!

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Large Mixing Bowl  
Cutting Board

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (1 per serving)

### 6 MEEZ CONTAINERS

Salad Veggies  
Sesame-Miso Dressing  
Shrimp  
Bok Choy  
Seasoned Panko  
Challah Bread

## 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** – 550 Calories, 22g Fat, 41g Protein, 48g Carbs, 11 Freestyle Points.

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

INGREDIENTS: Shrimp, Challah Bread, Bok Choy, Broccoli, Zucchini, Radish, Breadcrumbs, Sesame Seeds, Tamari, Miso, Rice Wine Vinegar, Mayonnaise, Garlic, Ginger, Sesame Oil, Brown Sugar, White Pepper,

meezmeals

### 1. **Make the Sesame-Miso Salad**

Combine the **Salad Veggies** with two-thirds of the **Sesame-Miso-Dressing** and place in the fridge until step 5.

### 2. **Cook The Shrimp**

Pat dry the **Shrimp** and heat 1 Tbsp olive oil in a large skillet over medium high heat. 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. When they are cool enough to touch, cut the shrimp into thirds. Toss with the remaining Sesame-Miso Dressing in a small bowl and set aside. Do not wipe out the skillet.

### 3. **Cook the Bok Choy**

While the shrimp are cooling, return the now-empty skillet to the stove over medium heat. Add the **Bok Choy** with a sprinkle of salt and pepper and cook until it starts to brown, about 4 minutes. Transfer directly to serving plates. Wipe out the skillet.

### 4. **Make the Toast**

Whisk 2 eggs in a bowl. Spread the **Seasoned Panko** on a plate. Dip a slice of **Challah Bread** into the egg to coat both sides. Let the excess egg drip off and press the bread into the Seasoned Panko to completely coat one side. Flip and coat the second side with panko. Repeat for each bread slice.

Heat 1 Tbsp olive oil in the now empty skillet over medium heat. When the oil is hot, add the coated challah bread and cook until it browns, about 3 minutes. Flip and brown the other side, an additional 3 minutes.

### 5. **Put It All Together**

Place the challah toast on top of the bok choy and spread the Sesame-Miso coated shrimp on top of the toast, edge-to-edge. Top with Sesame-Miso Salad and enjoy!

*Keep a close eye on the breading the entire time so it doesn't burn.*

Instructions for two servings.

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