

New Orleans Shrimp Cakes

Do we need to say more? Classic Cajun flavored shrimp cakes. A remoulade sauce that Emeril wishes he'd created. A taste of the Big Easy cooked up in your own kitchen. Dinner doesn't get better than that.

40 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- Small Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

- Brown Rice
- Shrimp
- Peppers & Onions
- Remoulade Sauce
- Breadcrumbs
- Pickled Veggies

Make it Your Own

Our Remoulade sauce is only medium spicy. If you want to **kick it up a notch**, mix in Sriracha sauce, Tabasco, or cayenne pepper.

Good to Know

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

Health snapshot per serving – 520 Calories, 37g Protein, 15g Fat, 14 Smart 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, Red Peppers, Brown Rice, Cauliflower, Broccoli, Breadcrumbs, Garlic, Onion, Green Beans, Carrots, Parsley, Mayonnaise, Vinegar, Ketchup, Lemon, Dijon Mustard, Miso, Sriracha, Black Pepper, Sugar

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1. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

2. Prep the Shrimp Cakes

While the rice is cooking, beat 2 eggs in a large mixing bowl.

Cut the **Shrimp** into quarters and add to the eggs along with the **Peppers & Onions** and 4 Tbsp of the **Remoulade Sauce**. Mix well, then slowly mix in the **Breadcrumbs**.

Shape the mix into 6 patties.

3. Cook the Shrimp Cakes

Heat 1½ Tbsp olive oil in a large skillet over medium heat.

When the oil is hot, carefully place the shrimp cake patties in the skillet. (Work it in shifts if you need to. It's better not to crowd them).

Cook until the bottoms begin to brown, about 3 to 4 minutes. Gently flip and cook until the other side browns, another 3 to 4 minutes. Carefully remove the shrimp cakes from the pan and place on a paper towel.

4. Put It All Together

Serve the shrimp cakes over the brown rice. Top with remaining Remoulade sauce and enjoy with the **Pickled Veggies** on the side.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember brown rice has a firmer texture than white rice.

Instructions for two servings.

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