

# Aioli Shrimp with Asian Veggies

Ginger-soy aioli meets shrimp and Asian vegetables. Yum. We're cooking up a Japanese-style rice bowl with stir-fried shrimp, edamame, carrots, snow peas and Himalayan red rice, tossed in an irresistible ginger-soy aioli.

**45** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Himalayan Red Rice  
Mixed Sesame Seeds  
Asian Veggies  
Shrimp  
Ginger-Soy Aioli

## Make The Meal Your Own

**Make Ahead Tip** – Cook the rice up to 2 days in advance. When you're ready to eat, start with step 3, making sure to cook the rice with the veggies for an extra few minutes to reheat it.

## 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** – 550 Calories, 19g Fat, 62g Carbs, 37g Protein, 530mg Sodium, 16 Smart Points

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

INGREDIENTS: Himalayan Red Rice, Shrimp, Snow Peas, Edamame, Mayonnaise, Carrots, Water Chestnuts, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meez *meals*

**1. Getting Organized**

Put a saucepan of water on to boil.

*Use enough water to make sure rice will be completely covered.*

**2. Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook rice 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

*We set the rice aside for 5 minutes after draining so the rice will steam and become fluffy.*

**3. Stir Fry the Vegetables**

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Asian Veggies** and cook until the snow peas are bright green, 7 to 8 minutes. Remove veggies to a bowl and set aside.

**4. Cook the Shrimp**

In the now empty skillet, heat 1Tbsp of olive oil over medium-high heat. Dry and lightly salt the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Turn off burner and place shrimp on a plate or cutting board. Cut each shrimp in half.

**5. Putting It All Together**

Combine the veggies, cooked rice, and halved shrimp in the still warm pan. Add ¾ of the **Ginger-Soy Aioli** and mix thoroughly. Serve topped with **Mixed Sesame Seeds** and drizzle with remaining aioli.

*Love this recipe? #meezmagic*

Instructions for two servings.

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