

Shrimp Po' Boy

The quintessential New Orleans sandwich made fresh in your kitchen. We're not sure if it's our Cajun marinade or classic remoulade, but this dinner is just plain delicious. We're serving it up with pickled veggies and Cajun-spiced kale.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Cajun Marinade

Kale

New Orleans Style Roll

Remoulade Sauce

Pickled Veggies

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the New Orleans Style Roll, reducing the **carbs to 31g per serving**. Before step 4., while the shrimp is resting and without wiping out the pan, add the cauliflower and cook over medium-high heat until the cauliflower is brown, about 2 to 3 minutes. Place the cooked cauliflower on top of the Cajun-spiced kale and top with the shrimp, pickled veggies, and remoulade sauce.

Love spicy? Add additional cayenne pepper for an extra kick

Good to Know

The term "**Po' Boy**" (from "poor boy") was invented by the Martin brothers, Benny and Clovis, as a sandwich to feed striking streetcar drivers in New Orleans in 1929

Health snapshot per serving – 425 Calories, 11g Fat, 5g Fiber, 53g Carbs, 34g Protein and 8 Freestyle Points

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

INGREDIENTS: Shrimp, Bun, Kale, Zucchini, Yellow Squash, Broccoli, Carrots, Mayonnaise, Green Onion, Apple Cider Vinegar, Cajun Spices, Dijon Mustard, Ketchup, Lemon, Miso, Parsley, Garlic, Sriracha, Black Pepper, Sugar, Chicken Stock, Kosher Salt.

meez meals

1. Marinate The Shrimp

Pat the **Shrimp** dry with a paper towel and place in a zip lock bag. Add half the **Cajun Marinade** to the bag, seal, shake well, and let sit for at least 5 minutes. Retain the remaining marinade for step 2.

2. Cook the Kale

While the shrimp is marinating, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot add the **Kale** along with the remaining Cajun Marinade and a little salt and pepper. Cook until the kale is soft, about 3 to 4 minutes. Transfer the kale to a serving dish and wipe out the pan.

3. Cook the Shrimp

Heat 1 Tbsp olive oil in the now empty skillet over medium-high heat. When the oil is hot, discard the marinade and add just the shrimp to the pan. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and let rest. Wipe out the pan.

4. Toast the Bun

Lightly brush the inside of the **New Orleans Style Rolls** with olive oil. Lay the bun halves in the skillet and toast over medium-high heat until they are golden brown and start to crisp, about a minute.

5. Build Your Po' Boy

Spoon a very generous portion of **Remoulade Sauce** on one half of the bun, followed by half the shrimp. Drain the **Pickled Veggies** very well and arrange on top of the shrimp. Finish the Po' Boy with the top half of the bun. Repeat for the second sandwich and serve with the kale on the side. Enjoy!