

Tequila Chipotle Shrimp

This Southwestern shrimp dish is on the table in just ten minutes. We're cooking omega-rich shrimp in a tequila chipotle sauce that is mild and sophisticated, then serving it up with black beans, corn, and peppers in a pineapple lime crema. Get ready for a new summer favorite.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Shrimp
Tequila Chipotle Sauce
Corn & Beans
Pineapple Lime Crema
Tortilla Chips

Good to Know

This dish is already low in carbs but if you eliminate the tortilla chips, you reduce the **carbs per serving to 31g**.

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

Health snapshot per serving – 360 Calories, 30g Protein, 36g carbs, 11g Fat, 5 Freestyle Points

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

INGREDIENTS: Shrimp, Tomato, Black Bean, Corn, Queso Fresco, Pineapple, Onion, Red Pepper, Cubanelle Pepper, Corn, Lime, Tequila, Cilantro, Sour Cream, Chipotle in Adobo, Kosher Salt.

meez *meals*

1. Sauté the Shrimp

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the skillet and place on a cutting board to cool, then cut into thirds and set aside.

2. Cook the Sauce

While the shrimp is cooling, wipe out the pan and return to the stove. Add the **Tequila Chipotle Sauce** and cook over medium-high heat until it's hot, about 2 minutes. Remove from the heat and stir in the cooked, cut shrimp.

3. Put It All Together

Combine the **Corn & Beans** and **Pineapple Lime Crema** in a mixing bowl, then get ready to serve.

Place the Corn & Bean and Pineapple Lime Crema mix in the center of each diner's plate and spoon the shrimp and sauce around the outside.

Serve with the **Tortilla Chips** (for dipping or on their own). Enjoy!

This "fancy" presentation gives the dish a wow factor we love and combines the flavors in just the right way.

Instructions for two servings.

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