

New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, roasted red potato fries, and pickled veggies, and you've got something special.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Roll

Lemony Mayo

Red Potatoes

Pickled Veggies

Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

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 – 615 Calories, 36g Protein, 16g Fat, 16 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: Roll, Shrimp, Red Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez meals

1. Cook the Red Potato Fries

Preheat your oven to 425

Slice each **Red Potato** in half the long way, then slice each half again so you have four skinny fries per potato. Transfer them to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 20 minutes.

2. Cook the Shrimp

After the potatoes have been baking for about 10 minutes, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and roasted red potato fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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

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Sriracha, Lemon, Garlic, Black Pepper

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