

Ginger Shrimp Lettuce Wraps

Light. Fresh. Fast. Just plain fun. We can't decide what we like best about this meal. We're serving up sautéed shrimp in fresh lettuce wraps with our signature Ginger Dressing. Topped with crisp veggies and Asian noodle salad on the side, it's a gem that's just right for this time of year.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl
Colander

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Peanuts
Glass Noodles
Noodle Sauce
Shrimp
Romaine Lettuce
Veggies
Ginger Dressing

Make the Meal Your Own

This meal can be **fun to eat but pretty messy**. If you prefer, you can break up the romaine lettuce and combine all the ingredients in a large bowl to make your own salad.

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 – 435 Calories, 32g Protein, 16 Fat, 9 Freestyle Points

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

INGREDIENTS: Shrimp, Glass Noodles, Romaine Lettuce, Zucchini, Red Pepper, Daikon Radish, Peanuts, Onion, Celery, Tamari, Vinegar, Sesame Oil, Lemon, Lime, Garlic, Ginger, Sambal, Miso, Mint, Cilantro, Ketchup, Sugar.

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1. Getting Organized

Set a saucepan of water to boil over high heat.

2. Make The Noodle Salad

While the water is coming to a boil, pour the **Peanuts** in a ziplock bag, seal, and use a large pot to break them into small pieces. Set the sealed bag aside to use in step 5.

Place the **Glass Noodles** in a mixing bowl large enough for them to lay flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, and run under cold water for about a minute. Drain the noodles very well.

Dry the mixing bowl and combine the drained noodles with half the **Noodle Sauce** (it is thin and brown in color). Place in the refrigerator to cool.

3. Cook The Shrimp

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. Remove from heat and place on a cutting board. Cut each shrimp piece in half.

4. Build Your Wraps

Place about 5 or 6 shrimp halves on a **Romaine Lettuce** leaf, top with the **Veggies** and **Ginger Dressing** (it is thick and orange in color). Repeat the process for the remaining shrimp with additional romaine leaves.

5. Top With Peanuts and Serve

Top the cooled noodle salad with 1 Tbsp of crushed peanuts. Use the remaining peanuts to place on top of the wraps. Enjoy!

You need enough water to completely cover the glass noodles.

Make sure to get as much moisture off of the noodles as possible.

You will likely have extra romaine lettuce after building your wraps (use however you like!)

Instructions for two servings.

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