

# Hummus Platter with Shrimp & Grilled Romaine

A dinner that's super easy and super delicious. With grilled romaine, bell peppers, seared shrimp, sautéed carrots and our signature red pepper hummus, it's a fifteen-minute fuss-free meal.

**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

### 5 MEEZ CONTAINERS

Carrots

Romaine Lettuce

Shrimp

Red Pepper Hummus

Bell Peppers

## Good To Know

If you want to **enjoy** the outdoors, this dish works very well **on the grill**.

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

**Health snapshot per serving** – 520 Calories, 28g Fat, 36g Protein, 40g Carbs, 10 Freestyle Points.

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

INGREDIENTS: Shrimp, Romaine, Carrots, Bell Peppers, Garbanzo Beans, Roasted Red Peppers, Parsley, Tahina, Kosher Salt, Cumin, Olive Oil, Lemon.

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### 1. Cook The Carrots

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Tri-Color Carrots** with a sprinkle of salt and pepper. Sauté until they start to char, about 4-5 minutes. Transfer the carrots directly to serving plates. Do not wipe out the pan.

*The carrots, romaine, and shrimp will all char nicely cooked on the grill.*

### 2. Grill The Romaine

While the carrots are cooking, cut the **Romaine Lettuce** head in half the long way leaving the root at the bottom intact, so each romaine-head-half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper.

*Fan out the romaine leaves so that the inside gets the oil, salt, and pepper as well.*

Return the now-empty skillet to the stove over medium heat and cook the romaine, cut-side-down until the leaves start to brown, about 2 minutes. Flip and cook the other side until those leaves start to brown, an additional 2 minutes. Transfer the grilled romaine back to the cutting board and wipe out pan. Cut the romaine into 1" pieces and transfer to the serving plates with the carrots.

### 3. Cook The Shrimp

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half.

### 4. Put It All Together

Serve the **Red Pepper Hummus** topped with the cut shrimp and place the **Bell Peppers** on the side. Dip the veggies into the hummus and shrimp or use a fork and knife to enjoy as a salad!

Instructions for two servings.

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