

# Shrimp Ceviche

Quite possibly our speediest, and most fun, dinner. We're making a simple ceviche with shrimp, cucumbers, tomatoes, bell peppers, cilantro and lime, served up with fresh blue-corn tortilla chips and warm flour tortillas. It's fresh and delicious and just what we've been craving.

**10** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Ceviche Veggies
- Black Beans
- Citrus Marinade
- Shrimp
- Tortillas

## 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** – 625 Calories, 39g Protein, 107g carbs, 9g Fat, 13 Freestyle 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: Shrimp, Flour Tortilla, Cucumber, Tomato, Bell Pepper, Black Beans, Red Onion, Jalapeño, Cilantro, Ginger, Lime Juice, Organic Maple Syrup.

*meez* meals

### 1. Prepare the Ceviche

Combine the **Ceviche Veggies**, **Black Beans**, and **Citrus Marinade** in a large mixing bowl with a sprinkle of salt and pepper. Place in the fridge until step 5.

### 2. Make the Blue Corn Tortilla Chips

Heat a large skillet over medium-high heat and separate the blue corn **Tortillas** from the white flour tortillas. Spray or lightly brush the blue corn tortillas (save the white flour tortillas for step 4) with oil, sprinkle with salt and pepper, and cook one or two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other blue corn tortillas and set aside.

*Set aside the white flour tortillas for step 4.*

### 3. Cook the Shrimp

Pat dry the **Shrimp** with a paper towel and heat 1 Tbsp olive oil in the now-empty 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 to cool.

### 4. Warm the White Flour Tortillas Wraps

While the shrimp is cooling, wipe out the pan and return to the stove over medium-high heat. Warm tortillas one or two at a time for about 30 seconds per side. Flip and warm the other side.

### 5. Put It All Together

Stir the cut shrimp into the ceviche veggies and you're ready to eat. Fill the flour tortillas to create wraps and break up the blue corn tortillas as chips for scooping. Enjoy!

Instructions for two servings.

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