

Shrimp Tostadas

Get ready for some fun. We're making crispy, crunchy tostadas this week with seasoned black beans, sautéed shrimp, salsa fresco and a delicious lime crema. It's a taste of Mexico right in your own kitchen.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas

Shrimp

Seasoned Black
Beans

Salsa Fresca

Queso Fresco

Lime Crema

Good To Know

Want dinner even easier? Serve them as tacos, instead. Warm the tortillas for about 30 seconds in a dry skillet and stuff with the fillings. It's faster and neater, but not as much fun!

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

Health snapshot per serving – 500 Calories, 14g Fat, 57g Carbs, 39g Protein, 708mg Sodium, 15 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: Corn Tortillas, Shrimp, Queso Fresco Cheese, Tomatoes, Onions, Cilantro, Garlic, Sour Cream, Brown Sugar, Lime Juice, Cumin, Coriander, Crushed Red Pepper

meez meals

1. Prepare the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook 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 two tortillas.

Everyone's tortillas will cook differently, so use these cooking times as a guide. Watch them as they cook, until they are just the way you love them.

2. Cook the Shrimp

In the now empty skillet, heat 1 Tbsp olive oil over medium-high heat. Dry and lightly salt the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Place shrimp on a plate or cutting board and cut each shrimp in half and set aside.

3. Cook the Seasoned Black Beans

In the same skillet, heat 2 Tbsp of olive oil over medium-high heat. When the oil is very hot, add the **Seasoned Black Beans** and cook for 3-5 minutes, until they get a little crispy.

Remove from the heat and add $\frac{3}{4}$ cup of water. Return the pan to medium heat and mix and mash with the back of a fork or spatula until you have a smooth mix and salt and pepper to taste.

If you find the beans are thicker than you'd like, try mixing in about two tablespoons of water at a time until it's the consistency you want.

4. Build your Tostadas

Place crisp tortillas on a large plate or serving platter. For each tortilla, spread the beans on top, and spread the shrimp on top of the beans,

Instructions for two servings.

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pressing in slightly to keep them in place. Spoon out **Salsa Fresca** and **Queso Fresco** cheese on top and then drizzle with **Lime Crema**.

Love this recipe? #meezmagic

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