

Honey-Soy Shrimp & Brussels with Fried Rice

We adore the sweet and salty flavors of Chinese cooking, and we're pairing them this week in a honey and soy glaze that's perfect with sautéed shrimp and seared Brussels. Paired with an easy vegetable fried rice, it'll be a new family favorite.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Mixing Bowl
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (one per serving)

5 MEEZ CONTAINERS

Jasmine Rice
Peppers, Carrots & Onions
Brussels Sprouts
Shrimp
Honey-Soy Glaze

Good to Know

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

We use **tamari** instead of soy sauce which is **gluten-free**.

Health snapshot per serving – 650 Calories, 44g Protein, 11g Fat, 100g Carbs, 15 Freestyle Points

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

INGREDIENTS: Shrimp, Brussels Sprouts, Jasmine Rice, Red Bell Pepper, Green Onion, Honey, Tamari, Carrot, Orange Juice, Ginger, Garlic, Sesame Oil, White Pepper

meez *meals*

1. Getting Organized

Put a saucepan of water to boil. Whisk 3 eggs in a small bowl and set aside until step 5.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Drain well, then return the rice to the saucepan. Add the **Peppers, Carrots & Onions** and set aside until step 5.

3. Sauté the Brussels Sprouts

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Brussels Sprouts** and cook until they start to brown, 5 to 6 minutes. Remove from the skillet and transfer to a mixing bowl. Wipe out the skillet.

4. Cook the Shrimp

Heat 1 Tbsp of olive oil in the now-empty skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. 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 from the skillet and transfer to a cutting board. Cut each shrimp into thirds. Wipe out the skillet.

5. Create the Fried Rice

When step 2 is completed, heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the eggs and when they start to set, break up with a spatula, then add the rice and peppers, carrots, & onions. Cook untouched until the veggies start to sear, about 2 to 3 minutes. Stir everything together and cook for an additional 2 to 3 minutes. Transfer directly to serving plates. Wipe out the skillet.

6. Put It All together

Add the **Honey-Soy Glaze** to the now-empty skillet and bring to a boil over high heat. Cook until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir-in the cut shrimp until well coated. Transfer just the shrimp (not the sauce) to the mixing bowl with the brussels and toss. Serve the shrimp and brussels on top of the fried rice. Drizzle a little bit of extra sauce over top as desired. Enjoy!

Use enough water to make sure the rice is completely submerged.

If your eggs look like tiny pieces of scrambled eggs, you have done it right!

Instructions for two servings.

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