Thai Basil Shrimp Fried Rice

You asked for it, we created it. Thai Fried Rice with just the right blend of basil, lime, ginger and lemongrass. With plenty of veggies, omega-3 rich shrimp, and cashews on top, it’s a dinner that’s long on flavor.

INGREDIENTS:
- Shrimp
- Jasmine Rice
- Cilantro
- Green Onion
- Bok Choy
- Savoy Cabbage
- Green Beans
- Cashews
- Coconut Milk
- Tamari
- Basil
- Lime
- Garlic
- Ginger
- Lemongrass Miso

Getting Organized

EQUIPMENT
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

6 MEEZ CONTAINERS
- Shrimp
- Thai Basil Marinade
- Cashews
- Jasmine Rice
- Green Beans & Cabbage
- Cilantro & Green Onions

Make the Meal Your Own

If you ordered the carb conscious version, you received cauliflower “rice” instead of the jasmine rice, reducing the carbs per serving to 35g. Eliminate step 2 and before step 5, heat 1 Tbsp olive oil in a large skillet and add the cauliflower. Sauté until it starts to brown, about 2 to 3 minutes then add the egg/veggie mixture and continue with the remainder of the instructions.

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 – 520 Calories, 41g Protein, 20g Fat, 47g Carbs, 9 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.
1. **Getting Organized**
   Put a saucepan of water to boil over high heat. Pat the **Shrimp** dry and place in a bowl along with **half** the **Thai Basil Marinade** and let sit for at least 5 minutes. While still inside the sealed bag use a mallet or small pan to crush the **Cashews**.

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 and return rice to the pot and set aside until step 4.

3. **Cook the Shrimp**
   While the rice is cooking, heat 1 Tbsp olive oil in the skillet over medium-high heat. When the oil is hot, use a slotted spoon to remove the shrimp from the marinade, and let the excess marinade drip off. Cook for a minute on each side until the shrimp are opaque and no longer grey in color. Transfer the cooked shrimp to a cutting board and discard the marinade used for the shrimp. After the shrimp have rested for 5 minutes, cut each piece into thirds.

4. **Sauté the Veggies**
   Wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. When the oil is hot, add the **Green Beans & Cabbage** and cook until they start to brown, 2 to 3 minutes. While they are cooking, scramble two eggs in a small bowl. Push the veggies to the outer edges of the skillet to form a ring on the outside and pour the egg in the middle (not on top of the veggies). Add a sprinkle of salt and pepper, and when the egg starts to set, scramble it, then combine with the veggies. Remove from the skillet and set aside.

5. **Put It All Together**
   Wipe out the now empty skillet and heat 1½ Tbsp olive oil over high heat. When the oil is very hot, spread the rice in a single layer and cook, untouched until it starts to sear, about 1 to 2 minutes. Add egg & veggie mixture and remaining Thai Basil Sauce. Cook, stirring continuously, until the sauce is warm. Turn off the heat and stir in the shrimp. Serve topped with the crushed cashews and **Cilantro & Green Onions**. Enjoy!

Instructions for two servings.
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