

## Caribbean Shrimp

We're hooked on tropical flavors this time of year. And this recipe is one of our favorites. We're searing shrimp, then serving it with pineapple salsa and coconut rice. Topped with a mango coulis, it's a delicious dinner you'll love.

**20** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Saucepan  
Shallow Pie Pan or Plate  
Large Skillet

#### FROM YOUR PANTRY

½ Cup Flour  
Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Rice  
Seasoned Coconut Milk  
Shrimp  
Pineapple Salsa  
Mango Coulis

### Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you cauliflower rice instead of white rice lowering the **carbs per serving to 31g**. Skip step 1. In step 2, rather than boiling the rice, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot add the cauliflower rice and cook until it starts to brown, about 3 to 4 minutes. Stir in the Seasoned Coconut Milk and follow the remaining instructions.

**This dinner is delicious chilled.** Cook everything in advance, then toss and serve for a hassle-free dinner at home or picnic in the park.

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

### Good To Know

**Health snapshot per serving** – 345 Calories, 7g Fat, 26g Protein, 45g Carbs, 11 Smart Points

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

INGREDIENTS: Shrimp, Rice, Coconut Milk, Pineapple, Bell Peppers, Mango, Celery, Lime Juice, Cilantro, Green Onion, Garlic, Spices

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium, cover and simmer for 15 minutes. Drain and return to the saucepan. Stir in **Seasoned Coconut Milk** and cook over low heat, stirring gently, until creamy, about 3 minutes.

### 3. Cook the Shrimp

While the rice is cooking, place ½ cup of flour in a large zip-lock bag. Heat 2 tablespoons of oil in a skillet over medium-high heat.

Dry and place all **Shrimp** into the zip-lock bag with the flour and shake until the **Shrimp** are coated.

Place each coated **Shrimp** carefully into the hot oil. Cook for a minute on each side and remove to a paper-towel-lined-plate and lightly season with salt and pepper.

### 4. Put It All Together

Serve rice topped with **Shrimp** and **Pineapple Salsa**. Drizzle with half the **Mango Coulis**, taste, and add more coulis as desired.

*Love this recipe? #meezmagic*

*Use enough water to make sure the rice will be completely covered.*

*Drain the rice when it still has a little bite to it.*

*Salt and pepper the shrimp right as it comes out of the pan. The hot coating will ensure the seasoning sticks to the shrimp.*

Instructions for two servings.

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